Wind’s（Feng）talk on Lester Levenson（The Sedona Method）

Chat Log 1

September 2020

Table of contents

2020-09-09 Feng Ruqun's initial discussion on the "stuck" problem 1

2020-09-14 The wind introduces the origin of the original release method: 92 The release method video of the year and the way Audio 3

2020-09-16 The drawbacks of Larry and Hale's teachings were recognized: the inability to sustain the release of 9

2020-09-17 Larry, Haier's additions and modifications to the original release method, Lester's possible reasons for not correcting the body's cancer, wind

This section introduces the basic principles of the original release method and the release of substance 17.

2020-09-18 Advanced Course on Wind Release Method the way 1 Translation and interpretation of 31

September 19, 2020: A description of true release: The sensation above clearly leaves, followed by a surge of pleasure below.

Up. If not, then 39
was not released.

2020-09-20 Wind Translation 92 Video of the release method in 2018 1 And explain the key points 58

2020-09-21 Wind explains the release of the target 72

2020-09-22 Feng Translation and Explanation the way2 and 92 Annual Release Method

Course 5. Discuss a love story and some people's attempts to distort the release

law .

89

On September 23, 2020, while chatting with Feng, I finally realized what being stuck is and how to release it; this is the key to enabling continuous release.

The time is ripe to establish a teaching center for the original release method .

2020-09-23 The text discusses the learning order of the original release method, the drawbacks of the stimulation method, and a detailed explanation of how to release the feeling of being stuck .
(113)

On September 25, 2020, Feng explained some issues related to release techniques, the importance of keeping release methods simple and original, and some [methods/methods] available on the market.

125 Phenomena involving alterations and additions to the original release method

On September 26, 2020, Feng introduced the timeline of Lester Levenson (The Sedona Method)'s creation of the Liberation Law, continued to answer questions about

learning the Liberation Law, and translated and spelled out the text.

Six steps to free composition and 92 The Six Steps to Freedom in the Annual Course 138

On September 30, 2020, the wind discussed the changes after release in the study group; positive feelings also need to be released; the ultimate path to freedom is a lesson in failure.

What should I do if I unconsciously hold my breath during the release process ? (150)

2020-09-30 (New) Views on the release method's fees, and how Hail Larry changed the release method to make it more suitable for promotion and profit.

158

On September 9, 2020, a preliminary discussion was held in the Feng Ru group regarding the "stuck" issue.

2020-09-09 23:34:19

"Feng" is not a WeChat friend of anyone else in the group. Please be aware of your privacy. (Feng, 2020-09-09 23:38:26)

Don't you need to
ask a question? How
do you handle the
cards?

It seems to me that it uses the energy release method from the Book of Abundance?

@I am the group owner of Infinite? How can I solve the problem of the release function frequently getting stuck?

I was on 2020-09-11 07:08:37

@Wind ? That's normal. If it doesn't work the first time, try releasing it multiple times. You can try releasing other things first. Pay attention to becoming aware of and releasing the three basic desires.

Wind 2020-09-11 08:20:58

Okay, thank you. I have one more question: Do you use questions to help you release emotions, or do you simply focus on feeling them ?

I was on 2020-09-11 08:22:05

Asking questions is a way to experience the process of letting go of emotions and feeling energy. Once you've experienced this process and know how to release them, you won't need to ask questions anymore.

Before learning the release method, one unconsciously grasps and unconsciously lets go. Now, by using questioning to become aware of, practice, and experience the release process, one can regain the ability to let go.

Wind 2020-09-11 08:22:26

I also started with The Book of Abundance.
However, the release method
described there felt too abstract,
like using tubes or something
similar.
Did you consciously pull out your emotions and then consciously let go?

I was on 2020-09-11 08:24:51

@Wind ? You think it's abstract because you don't understand how consciousness works.

Simply imagine the energy of your emotions flowing out of your body from your chest and abdomen, and this energy will flow out, because the essence of energy is simply consciousness.

风 2020-09-11 08:25:06
但这样不是容易陷入想要控制吗？
我个人经验是只要过于有意识，就会卡住
后来有个人和我说，因为我过于注重身体能量应该去觉察情绪本身
但是这个太微妙了
稍不注意就又去压抑它了
需要去归类情绪是九大情绪的哪一类吗？

I was on 2020-09-11 08:29:03

You haven't even learned how to release your emotions yet, and you're already worrying about whether you'll fall into the trap of trying to control them? Putting aside whether you'll actually fall into that trap, first focus on releasing them properly, learning and mastering them step by step.

No need to categorize, it's not there yet.

Learn to release emotions first. Just know

the emotional levels; no need to categorize

them.

Wind 2020-09-11 08:30:43

No, let me explain my situation. I've been using the release method on and off for five years. I found the feeling of release a long time ago, using questions. But now I'm stuck in a plateau.

If you go any deeper, you'll get stuck.

I've tried following the six steps

to release my desire for change,

but I'm still stuck.

The methods in the Book of Abundance, specifically the Saint Dona Release Method by Hell, were taught by other students, but none of them felt particularly useful or handy.

They all release for a

while, feel like it

works, then then they

fall back into the same

cycle, stuck there.

So, I'd like to ask those of you who have had smooth operation: how do you resolve this situation?

Because I read your article, I felt that your method or understanding was quite unique.

I was on 2020-09-11 08:53:59

It's normal to go deep into cardiology; prioritize releasing the three basic desires behind the emotions.

Wind 2020-09-11 08:54:39

Oh, okay

Actually, I've always had a question

I can't quite distinguish between releasing emotions and releasing desires.

I usually just ask a question, then I discover the desire, and then I continue to release that emotion.

I was on 2020-09-11 09:02:13

The book of abundance requires you to conquer it chapter by chapter.

Wind 2020-09-11 09:03:03

Oh, so what does "passing the level" mean in terms of how much release is required? I roughly felt I understood it, so I flipped through the pages.

I was on 2020-09-11 09:03:59

It just requires learning how to release [the burden].

Wind 2020-09-11 09:05:31

Okay, thank you. I'll try releasing my three major desires.

September 14, 2020 : An introduction to the origins of the original release method: a release method video from 1992 .

the way audio

Wood 2020-09-11 13:59:42

According to the release law, venting
one's anger is already a form of

风 2020-09-11 14:00:08
发泄出来不算释放吧
压抑，逃避，表达，释放发泄是表达
不是释放

Stars (wxid_68grcyxrftxh21) 2020-09-14 15:25:18

I really want to practice meditation, but I always find it boring, so it's hard to stick to it. (2020-09-14 15:29:50)

Boredom is a feeling
that can also be
described as "utter
despair".

Stars (wxid_68grcyxrftxh21) 2020-09-14 15:44:33

The methods are all the same, right?

I seem to be avoiding the feeling of boredom, so I haven't honestly let loose . (2020-09-14 15:45:04)

My personal experience is that you
shouldn't think or analyze; just let
your mind go in circles.
Never get the answer
Just consider it as a release of energy.

I've felt really good releasing these past few days.

Stars (wxid_68grcyxrftxh21) 2020-09-14 15:54:04

Did you use the method
taught in the Book of
Abundance or the
four-question method?

Wind 2020-09-14 15:55:39

I found the 1992 release law video
on YouTube ; Mr. Lester was still
alive at that time.
Although it was Hale and another woman who were teaching, the institution belonged to Lester Levenson (The Sedona Method) and taught primal liberation.

Law

This is it.

From its first to
fourth video, it
used a
three-question
question,
repeatedly asking
the same questions.
However, in the
fifth video, it
began to express
its desire for
control and
validation, at
which point it
stopped asking the
last two questions.
Simply ask, "What are you feeling right now?"—"From which basic desire does it stem?"—"Can you not..."

able?"

Simply identify what that basic desire is, and then ask if it's possible.

Then Lester Levenson (The
Sedona Method) has a the I
also listened to the Way
audio series .
He said that at the beginning he kept releasing a desire for control and a desire for recognition.
Then that "fear" of The fear of dying will
surface; release that fear, and you will be free.

I was on 2020-09-14 16:01:42
The purpose of asking questions at the beginning is to allow yourself to experience the process of release; once you've experienced release again, you won't need to ask questions anymore. Because the method of direct release has already been mastered. The actions of grasping and releasing are subconsciously repeated continuously.
The actions are repeated many times every day, but I never realize it.
Through the questions and explanations in the book, it becomes very easy to grasp what release is, and the process of release becomes something you control. Afterward, release is just a thought, like truly loosening your grip.
Wind 2020-09-14 16:01:54
yes
In another audio clip,
Lester said that this was
merely "allow it".
It is constantly being released
I'm currently using
simple questions as an
aid, like the one in the
fifth video.
Can you
Sometimes, when I let go, it
disappears when I try to become
aware of it.
I didn't ask back then.

I was on 2020-09-14 16:03:27
The first question in the sentence,
"can/cannot," is a mistranslation;
the original meaning is "whether or

not one has the
ability/capability."

Am I capable of letting go and letting it go? Am I willing to let go and let it go? When will I let go and let it go?

Pay attention to the entire process of releasing through questioning, and you will discover the specific steps of letting go. Afterward, you only need a single thought to release; there's no need to use questions anymore.

Wind 2020-09-14 16:05:45

The original text
is "could you
could" you let it I
asked directly in
English, "go".
It's mainly about the experience.
Don't worry too much about the meaning of the question.
It seems that once you get caught up in thinking, you can't let go.

Whether you have the will to force yourself to let go, and whether you have the ability to do so, are simply questions about whether you have the ability to let go. In other words, the first question is simply asking yourself if you possess the ability to let go; whether you actually let go is another matter.

Wind 2020-09-14 16:09:19

Yeah, I think the key is that it's really easy to stop doing something consistently.

Wood 2020-09-14 18:22:29

Don't you think asking too many questions is annoying? What do you think about the specific procedures? What are the pros and cons? If it's always...? A few simple sentences are okay.

Wind 2020-09-14 18:23:23

The original question wasn't so annoying; it was simply "could you". Focus on the feeling, then become aware of what the desire is, and then you can let it go.

Yitian 2020-09-15 06:05:41

Buddhism teaches you to observe yourself.
*How do you observe this all-seeing observer? ......
* We can't observe it, we can't think about it, we can't study it; we can only "become" it.
*You don't need to become it, because you've always been it. (2020-09-15 10:48:01)

What kind of nonsense is this?

Anyway, the writing seems very mysterious,
making people feel that the mysterious things
are very profound, and thus successfully
misleading a large number of people.

Doro 2020-09-15 11:18:07

> The entire article is full of vague and ambiguous things, confusing the author and making them dizzy. What is it?

good?

Wind 2020-09-15 11:27:13

> Things that promote mental analysis
> actually don't have much significance;
> they're not being released during the
> analysis itself.

I was on 2020-09-15 11:27:35

> The very first sentence is wrong; it doesn't mean that Buddhism is about observing oneself.
>
> The whole thing is about a method of observation. Regardless of whether this method of observation is correct or not, the key question is why we should use Buddhist teachings to prove this method of observation?

Huixin-Konghui 2020-09-15 11:29:10

> is asking
> the
> question?
> Very interesting

I was on 2020-09-15 11:32:14

@慧心-空慧? Asking who my Dharma is involves a system; it's not something you can just casually ask. For example, if you're releasing something and someone comes along asking, "Who's releasing it?" Is that really necessary?

Making random guesses seems sophisticated, as if you've discovered some amazing secret.

This essentially places a rhetorical question above one's true self, as if simply constantly asking rhetorical questions can solve everything.

Defeat everything

Huixin-Konghui 2020-09-15 11:34:00

That's also possible.

For example, who is releasing it? Who is defining it?

Wood 2020-09-15 11:36:33

The answer given by the mind is not true wisdom - Kong Hui

2020-09-15 11:36:47

When you truly allow and accept everything, there's no need for release, let alone proper release.

[Happy]

I was on 2020-09-15 11:37:11

The question is, did you give permission?

Is it really true that you accept everything just by asking a casual question? (Huixin-Konghui, 2020-09-15 11:38:05)

Our bodies are inherently karmic entities, and it's normal for everyone to react differently. Accepting everything is the best approach; once you see it, you can release it directly.

Wood 2020-09-15 11:38:52

Seeing anger doesn't release it; I see myself being angry.

The anger is still there.

On the contrary, it is easier to see a rational person emerge to

rationally control anger.

If you see it, you should still release it.

Otherwise, simply saying
that I saw myself getting
angry is not right.

The anger might then subside, but in reality, it has been suppressed.

When a person realizes they are angry, they subconsciously know it's wrong and immediately calm down. This calmness...

The stillness is actually fake.

This calmness often delays anger.

I think the key is to have an active release rather than using our minds

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Huixin-Konghui 2020-09-15 11:39:16

This method is only suitable for
mature practitioners and may not
be suitable for everyone.
Seeing it already releases me.
When you see it, allowing acceptance is already a release.

The acceptance law is back.
The observation method, the questioning method, the acceptance method—basically, all sorts of methods come to mind on the spot, plus a welcoming method, a triple welcome.

Wind 2020-09-15 11:42:03
The feeling of release is very clear.
Anything other than "release" doesn't qualify as "release. "
(2020-09-15 11:42:27)
We are no more powerful than our own minds, and we often identify with our minds, so we must concentrate on unleashing them and not let our guard down.
The mind often helps us calm down when we feel angry.
Often, you lose all sense of anger in that instant, but the anger hasn't truly subsided.

Huixin-Konghui 2020-09-15 11:43:01
You don't need to get rid of anger; you just need to allow it. Allowing anger to be a part of your life experience means being more lenient with yourself. Don't hate yourself so much, don't despise yourself so much.

I was on 2020-09-15 11:43:55
@慧心-空慧? The Dharma of Allowance has resurfaced.
Looks like you're quite comfortable living with a cesspool.
If it's allowed, then it's fine; the cesspool becomes part of oneself.

Huixin-Konghui 2020-09-15 11:44:50
Allowing acceptance is currently the best approach.
The release method is also quite good for beginners.
Finding what suits you best is the best. [heart][happy] When you truly do it, you'll feel truly at peace.
When you truly have no thoughts, you will truly be at peace.

I was on 2020-09-15 11:45:30

Your problem stems from clinging to
emotions and desires, being unwilling to
let go. Then, in a flash of insight, you
realize the importance of acceptance.
So
smart,
I'm the
smartest
.
Successfully escaped release

Go ahead and do it, but because this group is a release group, not an acceptance group, the methods are different and easily confused, so I have to ask you to leave. Please understand.

Huixin-Konghui 2020-09-15 11:48:39

Release them, allow us to do it together, otherwise why learn so much?
I also had to wait a long time before using it again.
This is just my personal experience. (2020-09-15 11:50:15)

Such a good thing, you can do it yourself. We're too silly to do it.
Goodbye! Best of luck!

Huixin-Konghui 2020-09-15 11:51:50

@IamInfinite ? Thank you for introducing me to the Release Method [heart] Without you, I wouldn't know how to perform the release technique.

[Happy] Me, 2020-09-15 11:52:28

Don't thank me. I think I did a terrible job. The people I mentored didn't learn to let go, they all learned to accept and question, they couldn't even see the difference between the two. It was a complete failure. [laughing]

Huixin-Konghui 2020-09-15 11:52:57

That's just a different experience for everyone . (2020-09-15 11:53:14)

You think you're so smart?
Your mind is deceiving itself without you even realizing it.
Mixing different methods of practice will not promote spiritual cultivation; it only deceives oneself and serves as a way for the mind to escape and release its attachments.
That's all.

Huixin-Konghui 2020-09-15 11:56:22

All the methods that suit you at different stages of your life share the same goal; every step you take counts. [heart emoji] These are all experiences, all valuable lessons.

I was on 2020-09-15 11:58:41

It's precious, constantly moving forward and backward, anyway, after all that effort, I'm still stuck in the same place, but I think I've traveled thousands of miles.

Huixin-Konghui 2020-09-15 11:59:24

Well, whatever, it doesn't matter . (2020-09-15 12:00:34)

Great, yet another "whatever is good" principle has emerged! You are the Dharma King!

Huixin-Konghui 2020-09-15 12:02:14

You are your own king. (2020-09-15 12:04:28)

No, I'm not. I'm temporarily unable to make my own decisions because I've already misled myself. (Huixin-Konghui, 2020-09-15 12:05:31)

Then let's make ourselves the kings of our own lives! [Happy][Heart]

I was on 2020-09-15 12:06:57

How can one be king before achieving complete enlightenment? (Huixin-Konghui, 2020-09-15 12:07:58)

You were already enlightened, you just didn't know it.

You are already awake, so where else can you find another awakening?

I was on 2020-09-15 12:08:01

Before truly reaching the end, don't believe that any method you come up with in your mind, no matter how reasonable it seems. The release method can only be used after Lester has reached the end.

Since you're awake, are you kidding me by mixing so many different methods? You're awake, what's the point of practicing anything?

Huixin-Konghui 2020-09-15 12:11:35

Can we take the world composed of our five senses and thoughts seriously? At best, these can only be considered information; if you believe the world is truly real, then that's just destiny.

I was on 2020-09-15 12:14:14

The result of mixing different methods is that one doesn't understand any of them, yet mistakenly believes oneself to have mastered them all . - Konghui 2020-09-15 12:14:30

I'm just stating what I know, and it's just my own experience.

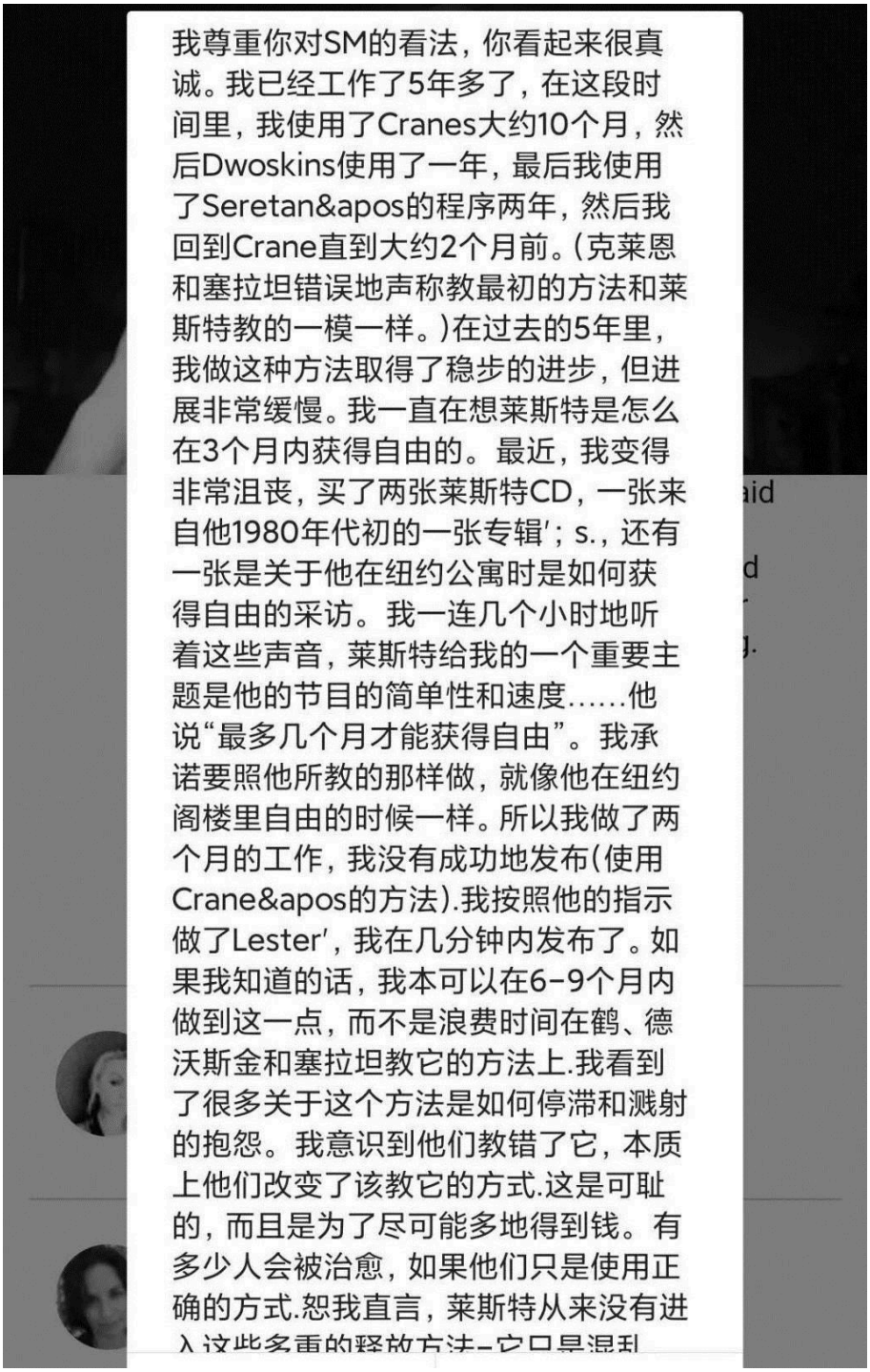
I was on 2020-09-15 12:15:47

If your experience differs from what's described in the book, then please revise your experience instead of taking the experiences on the spiritual path too seriously and starting to go in circles.

September 16, 2020: The drawbacks of Larry and Haier's teachings were recognized: inability to sustain development.

AA Shenzhen-Dongguan-Huizhou Real Estate Consultant Chen, 2020-09-15 13:19:19

腾讯翻译君
Hi Sanford. The foundation of both Larry's and Hale's approac...
嗨桑福德。拉里&apos和黑尔&apos的方法的基础都是Lester&apos的教导。他们是建立在相同的基本过程的放手和自我的限制感，是基于我们对缺乏的误解。他们的不同之处在于拉里&apos专注于纯粹地放手去揭示自由，而Hale&apos打开了教理，承认我们



Elekson 2020-09-15 20:32:55

When I try to release my pent-up emotions, there's always a voice resisting me, wanting me to fail, wanting me to lose focus during the process. Is this resistance?

Fellow group members, what should I do?

So, has anyone else had a similar experience? Maybe it's because I wanted to successfully release something, and then there was a force resisting

it.

Wind 2020-09-15 20:33:28

Releasing
desires for
control is
perfectly
normal;
everyone should
have them.
Anyway, I've had it.
Don't want to release, or can't concentrate, or get stuck...

Purple2020-09-16 12:59:58
@IamInfinite ? Where can I see his
prophecy? Did Lester ever say he
didn't encourage having children?

Wind 2020-09-16 13:00:59
Yes
His advice to his
students was not
to have children
and to be
vegetarian.

I was on 2020-09-16 13:01:11
"You know, my body died several times while I was out there, and I had to bring it back to life." I realized that was why he left his body in a desolate place to continue his interstellar journey. If someone found him, they would assume he was dead. Imagine the reaction of the funeral home staff when they saw him suddenly return "home" to change clothes ! He told me he retained a part of his identity with his body, which is why he was able to return. A master knows he is not the body; the body he leaves behind is merely a medium for communication. They don't have the procedures or desires for physical safety because they have no fear of death. Lester told me that when you are completely free of fear, you will find life very comfortable. That's the most important part of his method: releasing the fear of death, all your unhappiness will leave with it, because insecurity is its primary cause.

How did he solve the problem of space travel? Because none of us here can do it. He shed his physical body and traveled through thought in the form of a causal entity. He said you have to exceed the speed of light, which scientists know is impossible. When you want to go, you have to be able to use a tool that allows for instantaneous movement, like an astral or causal entity. You just imagine you're there, and then you arrive. Lester told me he went to Mars and landed in a patch of vegetation that looked like elephant ears. We're there now, landing and seeing a barren surface, as if there was once life there, when Mars was a material planet like Earth. Now it's an astral planet, and what we see are remnants of the past.

Yueyatou 2020-09-16 13:02:18

> A vegetarian diet is beneficial to physical and mental health, as the energy content of plants is higher than that of animals.

Plants give you
love . (2020-09-16 13:03:01)
I'm also a
vegetarian . (2020-09-16
13:03:50)

Regarding vegetarianism, Lester was referring to animal welfare, not the quality of animal meat. Although he also acknowledged that plant-based foods are indeed more nutritious.

Regarding marriage, Lester didn't mean against it, but rather that finding release was the most important thing . He felt that marriage would bring too many responsibilities and hinder this release.

I don't eat meat out of love. It's not because meat is bad and plants are better that I eat plants.

Wind 2020-09-16 13:04:40

It is mentioned in "The Road to Ultimate Freedom"

However, I still eat meat normally.
We're not paying much attention to that right now; we're just continuing to release [the information].
The book "Me and
Lester Levenson (
The Sedona Method
)" was also written
by his student.
This is also the only book that reveals a
lot about the supernatural aspect; other
books discuss it very little.

Doro 2020-09-16 15:27:03

It must have been translated in 2013, since Lester Levenson (The Sedona Method) died in 1992 .

Wind 2020-09-16 15:27:23

He died in 1995 , right?

Doro 2020-09-16 15:28:12

@Wind ? You used 1909 + 84 years old to equal the time of his death.

Wind 2020-09-16 15:28:44

Oh, I think I saw somewhere that he
died in 1995 , but that's not
important.

Doro 2020-09-16 15:29:03

So he must have died in 1992 or 1993 , definitely not 1995 , because everyone knows...

I know, he only lived to be 84 .

> @Wind ? Sigh, if I had known you said it wasn't important, I wouldn't have corrected you. See, I've fallen into my own stubbornness again.

yes

Leaping Flames 2020-09-16 16:43:48

> Many masters have said that humans are the highest form of life in the universe. The world is a place that can produce masters.

Only Earth

> I suddenly feel so lucky to be human, even though it can be really tough at times.

Wind 2020-09-16 16:47:11

> Lester is saying that Earth is a high-level classroom.
>
> Because this place is very heavy, heavy enough to provide sufficient motivation for liberation.

There are different grades of schoolrooms for different planets. This one is a postgraduate course. It is of the most difficult, and therefore affords the greatest growth. All of us who are here are advanced souls-advanced in that we have chosen an extremely difficult place of abode. We wanted a higher course a tougher one, and we've got it!

Different planets have different levels of classrooms; this one is a postgraduate course . This one is the most difficult, and therefore offers the greatest potential for growth. All of us here are advanced souls . Souls - Our advancement came after we chose an extremely challenging location to settle in. We wanted a more advanced, more difficult course, and we got it!

This is from an autobiography.

The reason Earth is so special is precisely because of its extreme hardships.

As Jesus said, "In my Father's house are many mansions. " After people drop the body they go into a world similar to this where they meet old friends. The main difference is that everything there is immediate. Whatever you think comes into being right away. So much easier a life than this.
As Jesus said, "In my Father's house are many mansions." After a person leaves this body, he will enter a similar world, where he will see old friends. The main difference is that everything there is immediate ; whatever you think becomes reality instantly, making life much easier than here.

It's heavenly, compared to this. But because of its being so Easy, There's little incentive to grow. Here, the opportunity for growth is the greatest.
Compared to this, it's heaven. But because it's so easy, there are few incentives for growth. Here, the chances of growth are the greatest.

Wind 2020-09-17 09:37:45

I don't have any special insights; it's just about continuous release. As long as you're not actively releasing, it's just your mind creating a

story. Once you become aware of it, just continue releasing.

Instead of studying metaphysical concepts and describing freedom ten thousand times in different languages, it's better to try it out.

mouth

Release it so that people can experience it directly; if they can experience it directly, then don't drag it down to the level of thinking and guessing.

This is what I think.
So, it's about constantly releasing; don't stop and everything else will disappear.

Stars 2020-09-17 09:45:00
I'd like to know, when you're not busy or experiencing any particular emotions, what do you release? Thoughts? And how can you sustain this release?
Wind 2020-09-17 09:45:19
That's a feeling . (2020-09-17 09:45:59)
Can I release emotions at any time? For example, what should I release now? Without any emotional fluctuations.
Wind 2020-09-17 09:46:09
You see, this release method table shows that dull emotions are also emotions, and boredom is also an emotion.
The feeling of "blankness" is also an emotion.
The moment you look at them, you feel a desire to control and to be recognized.

Stars 2020-09-17 09:47:19
Then you need to constantly observe and experience your current feelings, and then release them, right? (Feng, 2020-09-17 09:47:26)
If you're willing to feel it, you will be able to feel it.
For example, if you don't release your emotions,
you might unconsciously watch videos or read books;
this is driven by subconscious emotions.
I can't stand this boring feeling.
If you don't resort to escapism, but instead release the feeling of boredom, you're releasing the feeling of being bored in the present moment.
After releasing your pent-up emotions, you'll be less bored and more likely to continue sitting here releasing what comes to mind.
emotions

The continuous feeling of relaxation and clarity will propel you forward — this is based on my

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neamo 2020-09-17 09:49:56
I assigned tasks to my subordinate, and I sensed some resistance. I believe the tasks I assigned are essential for someone in that position and shouldn't be resisted; even if they're difficult, they should try to overcome them. This made me feel angry and resentful. What should I release in this situation?
Wind 2020-09-17 09:50:11
Didn't you describe
it? Anger, resentment
Don't think about it, just release it.
neamo2020-09-17 09:51:02
If it's about "release": If I allow employees to resist, does that count as release? (Feng, 2020-09-17 09:51:19)

The group admin repeatedly emphasized that the permission method is not a release method.

Release is a conscious experience; your emotional energy flows through your body and is released. It targets only the emotion and the fundamental desires behind it.

neamo2020-09-17 09:52:14

My question is, is "employee resistance" considered an emotion? The Saint Dona release method involves a question: "Can I allow...?" (Wind, 2020-09-17 09:52:34)

Employee resistance is not the answer; your resistance is acceptance, and that is the outcome.

It is not a method.

After you've given them a break, you might accept all of your employees' behavior , but that doesn't mean you should have said that in the first place.

neamo2020-09-17 09:53:49

I still can't distinguish between the "release" and "acceptance" you mentioned. (Posted by Silly-Understanding Wind, 2020-09-17 09:54:01)

Have you ever experienced the feeling of release?

If you've experienced it, it's easy to say; if you haven't, it's harder to say.

neamo2020-09-17 09:54:31

I use the Sedona release method. When I encounter emotions, I recite those three sentences.

Wind 2020-09-17 09:54:55

Hmm, have you ever clearly experienced the feeling of having your emotions released?

neamo2020-09-17 09:55:37

In the Book of Abundance, there's a method for imagining a pipe, but I can never quite manage it. I imagine this pipe, but it's utterly useless. My emotions seem to disappear when I try to release them using the methods from the Book of Abundance. (Wind, 2020-09-17 09:55:59)

The pipes are useless to me; everyone has their own suitable entry point.

But once you've experienced release, you'll know what it is.

neamo2020-09-17 09:56:31

When I used the Saint Dona method, it wasn't very clear; it seemed to gradually calm down. (2020-09-17 09:57:00)

> You mean you still can't accurately distinguish between release and repression/escape?

neamo2020-09-17 09:57:38

My current understanding is that the Sedona Release Method is an experiential method. I don't care whether it's good or bad, or what its use is. I just ask myself questions according to the method, asking and answering them over and over again.

Wind 2020-09-17 09:58:04

> Hmm, that works too.
>
> However, once you experience what release is, you can continue to release.

neamo2020-09-17 09:58:31

> No, I can generally distinguish between repression/avoidance and release. I rarely avoid things.

I think

> After repeating it a few times, I didn't feel the energy disappear; I just felt calmer.

However, there wasn't a clear boundary between turmoil and calm. Therefore, it's unclear whether it was ineffective. That's my understanding.

The effect of the Book of Abundance's release method is similar to the feeling of tightness in your chest when you're angry with someone; once you release it, the tightness immediately disappears. I don't experience that feeling with the Book of Abundance, so I don't want to use it anymore.

Wind 2020-09-17 10:03:23

Learn through
experience, not
by imagining.
Based on your description, I tend to think you may
not have experienced the feeling of release, because
personally, the feeling of release is very clear and
obvious.
The emotional energy flows through the body and leaves,
immediately resulting in a feeling of ease and greater
pleasure. This way, you won't confuse things like
acceptance.
The word "release" corresponds to an extremely
tangible experience in your life . (2020-09-17 10:07:08)

@Wind ? Could you please give me some pointers? I also feel that the effect of my release isn't very clear or obvious; it always seems to fade away on its own over time.

Wind 2020-09-17 10:07:48

This is what you need to practice.
Other people's descriptions cannot
directly give you an experience.
For example, if you ask: "How do I
feel right now?" you might see
"boredom" in your answer.
Then, you simply feel it for a while, and
this feeling will become clear. Then you ask
yourself: Can I simply let go and let it go?
My first instinct is to say yes if you can,
and no if you can't.
There is no need to use your brain to think about this proposition.
By doing this and honestly
examining your feelings, you'll
know whether you've been released.
Because if it hasn't been released, it's still
there when you look at it; but if it's released,
it's gone, and a deeper feeling will emerge.

neamo2020-09-17 10:12:31

When you release it, you should imagine that there is a ball of

emotional energy in your body, and then use an imaginary , visible channel or something similar to transport it away.

Wind 2020-09-17 10:12:41

I don't do that
This approach has limited effectiveness for me.

neamo2020-09-17 10:12:50

I feel like my thoughts
completely disappear as
soon as I think about it.
So what's your method?

Wind 2020-09-17 10:13:03

I tried many methods to achieve release six years ago.
Later, using that original release
method, I gained some experience , which
involved feeling emotions and then
asking myself if I could let go.
Emotions are simply a form of energy; if you
can clearly experience them, there's no need
to imagine anything more.
In practice, there
are only two
possible outcomes:
one is that you
release it.

One possibility is
that you suppressed
it instead of
releasing it.

words like "acceptance," "xxx , " or "xx" to gloss over the fact that you haven't released it . If you haven't released it, just face it again and continue to release it.

September 17, 2020: Larry and Hale's additions and modifications to the Primal Release Method; Lester's possible reasons for not correcting the body's cancer; Feng's introduction to the main points of the Primal Release Method and its interpretation.

Release to obtain matter

I was on 2020-09-17 10:58:52

Yes, there will be moments of sudden enlightenment on the path of release. For example, if you can release just one emotion, it means that all other emotions are false. That's enlightenment—directly realizing emptiness.

It's like saying that if you discover a single drop of seawater is fake, then the entire ocean doesn't exist.

So the release method isn't actually that simple; if you delve deeper, you can uncover a lot.

in the end.

This shows why we shouldn't take those insights gained on the path to liberation too seriously. Because what you gain from them...

What are all these examples? [Laughing] The examples I gave above are true insights, which will only help with liberation , unlike those crooked paths that only hinder and delay liberation.

For example, some practitioners have realized that simply observing emotions is enough; there's no need to actively release them. Others have transformed the release method into acceptance, observation, or simply the present moment. In short, you can play around with these methods , but don't call them release methods; that's just your own mind's self-righteousness and escapism.

I'm not saying this to criticize, satirize, hinder, or look down on anyone. It's simply because this liberation isn't for others; it's truly for one's own freedom. To achieve one's own freedom, being stricter, more cautious, more humble, and more prudent is the right approach.

As the release process deepens, you'll increasingly discover that the deepest recesses of your subconscious are the details of everyday life and your habitual routines. At this point, it's crucial to be extremely cautious and strictly adhere to the release method, leaving no room for error, in order to truly release your subconscious.

Wind 2020-09-17 11:43:07

The group admin's advice is excellent! [Thumbs up] Don't take any "insights" too seriously; once you have an "insight," you'll go astray. If you find yourself emotionally affected by this "insight," just continue to release your emotions and basic desires. Only by reaching the end can you see the whole picture.
The release method can reach the destination without any need to change the method midway. That's a cunning trick to make you stop releasing.
As long as the release stops, it will lead to restrictions on the world.

I was on 2020-09-17 12:23:56

[Strong]
@Wind ? Have the three basic desires begun to be released? Wind 2020-09-17 12:29:23

Well, right now we're mainly focusing on releasing the three basic desires, primarily the first two.

Wanting to control
and wanting to be recognized .
(2020-09-17 13:20:41)
Continued release of joy - Lester Levenson (The Sedona Method)
The more joy we experience, the closer we are to our true nature. Joy is peace. Joy fills you with energy. In a state of indifference, everything is difficult; the energy of joy is at its highest...
I don't quite understand the meaning of this article. If you feel better and joyful after releasing, how can you continue to release?
Whether you understand or not doesn't really matter
[smirk]. Anyway, I'm not happy most of the time. (2020-09-17 13:22:39)
Joy is also a feeling
See the (emotion chart) which side to accept.
Lester Levenson (The Sedona
Method) used the word "
better." What does "better"
mean?
I feel so relieved. Is there anything better to come?
So in one of the audio episodes, they talked about not releasing it . to get It's not about being high , it's about getting. high
to release

Stars 2020-09-17 13:24:56
Is enlightenment the only goal
? (2020-09-17 13:25:17)
You still don't know what enlightenment means?
Lester's point is that you shouldn't stop just
because you've benefited from releasing something,
because there's no such thing as complete stillness.
There is no standing still. If one is not going forward, he is going backward. If
he is going in the direction of the world he is in the opposite direction of
freedom from limitation, as the world is of Limitations.
There is no such thing as standing still; if a person is not moving forward, then he is moving backward. If he is moving towards the world...
If he goes in that direction, then he is going in the opposite direction to freedom from limitation , because this world is limited.
As long as you stop releasing your emotions, you are suppressing them and you are regressing.
You release, then feel joy, and at this point, the desire for control kicks in, so you stop releasing.
put

This is regression.

We should continue to release our potential and move towards higher and deeper levels.

Instead of waiting until you revert to your previous state and repeating the process over and over again.

Stars 2020-09-17 13:28:05

Oh, I don't quite understand yet, but anyway, joy can't last forever; it will definitely fade away.

Just keep releasing it.

Zijing 2020-09-17 13:29:23

@Wind , will it revert to its previous state? Or will it at least be better than before?

Wind 2020-09-17 13:29:38

Maybe it will be better.
At least you have experience with release.
But my personal experience is that I've been trying to renounce my past six years, on and off, with frequent relapses, and this is because I haven't made a firm decision.
These are all detours; we can't go back to them, can we?
I read a lot of metaphysical theories along the way, but actually, they were all used to escape interpretation.

put

It's actually meaningless to study how to "describe" that ultimate state.
According to Lester, all the knowledge needed for the release method is contained in the six steps; you only need one simple and direct path.
Then just keep going without looking back.
Therefore, anything that encourages you to continue releasing should be viewed with caution, while anything that makes you stop releasing should be viewed with wariness.
Once the release stopped, I knew I was wrong.
At least, anything that doesn't stop you from progressing on your path, no matter how sacred it's packaged, is useless.
My general idea is
to simply put it
into practice.
The truth will be revealed to you; it doesn't need to be embellished with words from this side of the river.
Lester Levenson (The Sedona Method)'s story unless you experience it firsthand. The Way audio series repeatedly talks about this. The perfect six steps

Huang Jing 2020-09-17 17:14:17

Excuse me, I'm new to the release method. Could you please explain the six steps to freedom? (Qian, 2020-09-17 17:19:43)

1、 允许自己对波澜不惊或者是自由的渴望超过想要被认同、想要控制、想要安全妥当和想要分离的欲望。
2、 认定自己能够通过释放来获得自由、达到波澜不惊的状态、或实现目标。
3、 允许自己审视一下自己所有的感受，把它们归结为四大欲望：想要被认同、想要控制、想要安全妥当、以及想要分离，然后允许自己把它们放下。
4、 让释放成为自己的常规行为，一直保持对四大基本欲望的释放，不管是在人前还是人后。
5、 如果你真的在哪里卡住了，把想要控制或改变这种被卡住的局面的欲望释放掉。

ICHI 2020-09-17 17:38:22

Why is the discussion of the four major desires here ? (2020-09-17 17:48:48)

丰盛之书版 六个步骤

1. 你想要进入内心的平静，让这种“想要”远远超出你想要认同、控制以及安全感的欲望。

- 坚信你能通过运用释放法进入内心的平静。
- 把你所有的感受都归为这三种欲望：想要被认同、想要控制和想要安全感。随时发现，随时释放。
- 把做释放当成一种习惯。
- 即使你遇到瓶颈，也要释放掉想要控制瓶颈的欲望。
- 每次你做完释放都会更轻松愉悦，如果持续做释放，就会持续感到轻松愉悦。

Wind 2020-09-17 17:49:32

The idea of separation was added by Haier later.

I watched the original release method videos and all of Lester's audio recordings, and they all talked about the three major desires. Lester mentioned this in "The Way" .

There's only one thing that, once you let go of it, will end it all:

fear of dying.

Fear of death

However, you need to release enough of the desire for control and the desire for validation before you can release the deep-seated fear. of dying appears

I was on 2020-09-17 17:58:49

Every time we release the desire for control, validation, or especially security, the underlying fear surfaces. This is because these three basic desires are designed to escape fear; in other words, they are defense mechanisms against fear. Releasing these three basic desires leaves the underlying fear nowhere to hide and exposes it directly.

Fear energy is released just like emotional energy; there's no difference . (2020-09-17 17:59:25)

Um

All are survival programs

Survival Program

Lester Levenson (The Sedona Method) said the same thing (2020-09-17 18:00:41)

What did Lester Levenson (The Sedona Method) say? I didn't check, it's all in English [facepalm]

Wind 2020-09-17 18:00:41

fear of dying is just a Feeling the fear of death is merely an emotion.

The general idea is that it allows people to release enough of their desire for control and validation, and beneath that lies the fear of death.

This fear is just a feeling, like any other feeling.
However, your tendency to escape it is very strong,
and there is a great deal of inertia , so you need to
work hard to get it out and let it leave.
When it comes out, you'll find that you
haven't died; you're still alive, so you
can keep watching it again and again.
Until completely released
So Lester said this in Keeping It Simple,
he even just said it was about releasing
the desire for recognition and the desire
for control.

Because you release enough, those below it will automatically be aware of their desire to survive.

The reason, or driving force, that makes you want to be recognized and control is the desire to survive (the fear of death).

Lester Levenson (The Sedona Method) has basically never said he wants to separate.

I was on 2020-09-17 18:09:13

You seem quite familiar with these recordings of Lester Levenson (The Sedona Method). (Feng, 2020-09-17 18:09:36)

Yes, I've listened to every single one I could find at least twenty times.

AA Shenzhen-Dongguan-Huizhou Real Estate Consultant Chen? (wxid_y35e3zj36bhv22) 2020-09-17 18:09:34 @Wind ?

Please translate and organize the text.

Wind 2020-09-17 18:09:55

Sure, I can do it when I have time. (2020-09-17 18:09:59)

[Facepalm] Then I'll translate and share more!

AA Shenzhen-Dongguan-Huizhou Real Estate Consultant Chen? ? (wxid_y35e3zj36bhv22) 2020-09-17 18:10:20

Yes, that's right. (Translation style: 2020-09-17 18:10:19)

Lester offers several suggestions in "The Way," saying that doing any one of them will grant you freedom.

One is get everything and anything by releasing only

It's about getting everything simply by releasing it.

He further explained that this means you will constantly release because you always have something you want.

The other one is release. the fear of dying directly

It means "directly releasing the fear of death".

the "way" should be considered an advanced course.

The lectures were given to graduates of the release method course, and these people all released quite

well.
I listened to several audio programs while studying abroad, and they resolved many of my questions.
So I listen to it often and remember some phrases very well, like the "the way" series.
Because the early audio only had a limited amount of content , I listened to it a few times and then stopped.
However, the later audio revolves around the release method.

Then I watched the 1992 release practice course. The way they taught release practice back then is different from how they teach it to students now.

This aligns well with the approach Lester described in the audio.
First, find the feeling of release. Then, release the desire for control and the desire for validation. Finally, when you can see the desire to survive (the fear of death), release it.

I was on 2020-09-17 18:18:37

Did Lester Levenson (
The Sedona Method) teach him
personally? (Feng, 2020-09-17
18:19:11)

no

It was Haier and
another woman, but
Lester was still alive
at the time, and Haier
was the workshop
leader.

It was Lester Levenson (
The Sedona Method)'s designated release
law instructor . (2020-09-17 18:20:06)

Even when Lester Levenson (The Sedona Method
) was alive, no one dared to act recklessly; now that he's
gone, everyone's just messing around! (Wind, 2020-09-17
18:20:09)

Haier later established its
own organization to release
the law, which added many
things.

It has become very complicated

Actually, the initial
teaching was very simple .
(2020-09-17 18:20:53)

Yes, the release method is
extremely simple; I learned it
strictly according to the Book
of Abundance.

Wind 2020-09-17 18:22:55

The Book of Abundance also includes a workbook

I took a look at this book; it's
basically the same process as Lester
Levenson (The Sedona Method)'s, but
it adds a lot of its own elements.

Later, I summarized the teaching methods from several books.

Larry's approach to the process aligns
with Lester Levenson (The Sedona
Method)'s abundance curriculum, but
the specific delivery method doesn't.

Haier's book uses questions to explain the release method, which is more accurate, but the process doesn't match; both of them have complicated the methods.

The tube method was invented by Larry.

How was the original release method taught? (2020-09-17 18:29:45)

Maybe you're more suited to this kind of imagination; no matter how I think about it, it's useless.

I was on 2020-09-17 18:30:00

How did Lester Levenson (The Sedona Method) teach Feng? (2020-09-17 18:30:00)

Later, after watching the 1992 release law video, I immediately pulled out a picture.

This is the emotion chart.

Then ask someone to think about a question and pay attention to their current emotions.

Then find out which of the nine emotions you have in the table, and feel it for a while.

Then comes the three-question question.

could you, would you , when

This is the initial method for getting a feel for things.
In the fifth video, the tutorial begins to
teach "deeper release," which involves
releasing the desire for control and the desire
for validation.
At this point, he discarded the
last two questions and focused
first on how he felt in the
present moment.
Then pay attention to whether this feeling
stems from a desire to control or a desire to
be recognized. If it's a desire to control...
Ask yourself: Can you allow yourself to be more
aware of this desire to control? Then ask
yourself: Can you let go of it?
Then, let's see if there's anything left that we want to control.
Then, " be more aware of it " means to become
more aware of it, and then " could you let
go?" of it"

He explained that the reason this method of releasing desire omitted the following question was because once you can identify what the desire is, it will surface .

You will naturally have a tendency to let go directly .
Unlike releasing emotions, it doesn't require asking
"Are you willing?" and "When?" followed by a series of
repeated questions.
Generally speaking, initially, to
survive, one needs to release enough
desires for recognition and control.
Only when the desire to survive (the fear of death)
lurking beneath them surfaces and becomes apparent
can it be released.
So this is the method I'm using now.
However, I'm still in the stage of
expressing my desire for recognition and
control, so I haven't seen much of the
underlying fear of death.
To summarize, all feelings (emotions) stem from three
fundamental desires; one arises, the other is released. As
Lester said in *The Way*...
One must desire freedom more than desire the physical world.
He further explained that most people cannot understand what the

physical world means, so he changed it to "one must desire freedom more than the desire for control and recognition."

Then, a decision needs to be made.

This is the first two steps of his explanation of the six steps.

Without this decision , you will definitely back down.

If you are determined to reach a certain place, you will reach that place.

For example, if you decide to achieve a goal, you will stop when you achieve it. But if you take freedom as your goal, you won't stop until you achieve it.

That's roughly the idea.

What I'm saying might be a bit disorganized.

It's really about paying attention to the emotions and then recognizing the underlying desires.

I highly recommend watching Lester Levenson (The Sedona Method)'s The way, the right The audio files for "path" are very helpful.

Very inspiring, thank you for sharing.

I was on 2020-09-17 18:48:10

In comparison, I found that the intubation method is excellent; it greatly helps people truly experience the specific process of release, and this process is actually the same as intubation—emotional energy directly leaves.

Furthermore, actively letting emotional energy leave further emphasizes initiative.

Wind 2020-09-17 18:48:44

It may vary from person
to person.
Some people are
visual learners and
some are auditory
learners.
I've met some people who
study the release method;
some have a special
affinity for the tube
method but not so much
for the question method.
Some people are more receptive to
questioning techniques than to the
tube method. However, once you know
how to release tension, it doesn't
really matter which method you use.

I was on 2020-09-17 18:50:51

The question made me realize that the process of release was actually similar to inserting a tube, but the analogy of inserting a tube is even more vivid and descriptive.

Wind 2020-09-17 18:51:22

My first experience of release came from the word "decompression" in the Book of Abundance. How did I experience that?
It's about feeling
emotions in your chest
and abdomen , and then
naturally wanting to
leave.
As long as I don't suppress it,
it goes out on its own. Then I

use the questioning method, and
it works much better. So I guess
I've gotten some help from both
books.
Many newcomers find it difficult to get a feel for the game.
I have a friend who's been trying to release
stress for years, but he still hasn't found the
feeling of release. He's even tried tubes.
I just can't find it
So this is a difficult thing to explain.
I don't know how to explain this "finding the feeling" to others.

I was on 2020-09-17 18:59:30

The important thing to note when inserting a tube is that the sensations are entirely under your conscious control, because sensations are inherently a matter of consciousness. Simply imagine the energy being expelled, and it will be expelled; this can be directly verified.

If you don't believe this, or strongly resist it, you'll feel that inserting the tube is useless and ineffective . The question is, when you keep asking yourself these questions, you decide to let the feeling go. It's this awareness of letting go that...

Simply let the sensation leave and be expelled from the body. The principle is the same.

There's another easily confused point here: you might find yourself simply observing your feelings without doing anything, and those feelings will automatically release some of them. This passive release is completely different from the active release in the release method.

Wind 2020-09-17 19:02:15

> Yes, that's the decision.
> I think one advantage of
> the Book of Abundance is
> that it emphasizes the
> "sense center."
> I've noticed that some people who started with Haier's
> book don't understand what release feels like; some even
> mistake the feeling of "becoming a little less intense" as
> release.

"There are many aids to doing it. In the little booklet, The Eternal Verities, there are ways and aids like: "Get to the place where no one and no thing can disturb you. When someone disturbs you and you don't know why, the thought is subconscious. Bring up the thought. By constant trying you will develop the habit of actually getting it up; you'll see that there's a limiting thought, an ego or selfish motivation behind it and you'll drop it.

There are many ways to do this. The booklet *Eternal Truth* introduces some methods, such as "Go to a place where no one or nothing can disturb you." When someone disturbs you and you don't know when, that thought is a subconscious thought. Pull that thought out. Through consistent practice, you will develop the habit of digging out subconscious thoughts, discovering that behind a finite set of thoughts lies the ego driving them, and then you will release it.

Q: Is just seeing the subconscious thought or motivation Enough?

Q: Is it enough to just see subconscious thoughts or motives?

Lester: Just looking at it is not enough. You must consciously drop the thought or consciously will out the tendency or motivation. I'm assuming you'll want to let go of these thoughts because they're all limiting and negative.

A: No, that's not enough. You also need to consciously release it or consciously eliminate the associated habits or quirks. I'm assuming you want to release these thoughts because they are all limited and negative.

This is a passage from "The Road to Ultimate Freedom" where Lester says something similar to what the group leader said: simply seeing is not enough. You need to "consciously" release me.
(2020-09-17 19:10:07)

I once thought I would stop using my own words when answering questions in group chats and instead quote Lester. But I haven't read enough books to do that. I've discovered you can.
Wind 2020-09-17 19:20:15

I used to be too interested in studying theories, which led to several years of back-and-forth studying. Now I don't look at anything else, I just review the six steps. At most, I listen to a few audio files sometimes. Releasing is a simple matter; any problems can be resolved within the six steps. Let's encourage each other and share our experiences. Then do not stop releasing.

Group member 2020-09-17 20:36:46

Pre-order the bilingual (Chinese and English) edition of "Life Is Beautiful: "How to Play the Game of Life Well" is a practical guide.

Release method

I was on 2020-09-17 20:38:34

Just based on the title of this book, it's clear it's not on the same wavelength as Lester Levenson (The Sedona Method). (Feng, 2020-09-17 20:39:47)

To play with this world , to try to make it a good world , as is generally done in metaphysical teachings , is fruitless as far as Realization is Concerned, the metaphysical teaching of "playing games with the world and making it a better world" is of no benefit to enlightenment .

The Road to Ultimate Freedom

're definitely not on the same path. (2020-09-17 20:42:48)

@Joy The book "Life Is Beautiful" may be very well written, but don't associate it with the Liberation Practice. This doesn't mean that people who study Liberation Practice can't read other books; they can. It just means that after reading them, don't confuse them with the Liberation Practice.

Wind 2020-09-17 21:01:14

I've studied many theories before, including early Buddhism, Yogacara, Zen, and Taoism... but I won't go into those now; mixing different methods is meaningless. Methods like Mahasi Sayadaw, Sun Lun Sayadaw, and Goenka Sayadaw that I learned before are all good, but the release method is the simplest and most direct. Moreover, the methods of enlightened beings are often very complete. It doesn't need the supplementation of "lessons from other mountains" like worldly scholarship. (2020-09-17 21:06:38)

@Wind Yes, the release method is the complete method. Just focus on one, and

you'll understand everything.

The true goal of the liberation method is to achieve true freedom. If the goal is only to live better in the world, then many desires cannot be truly released.

Wind 2020-09-17 21:13:41

He probably didn't experience the feeling of release because he said it "expelled from the soles of his feet."

Is this a possible situation? (2020-09-17 21:14:24)

It might be a method I modified randomly.

Wood(jerry_write) 2020-09-17 21:19:25

@Wind ? Could you please summarize what you said today in writing?

Wind 2020-09-17 21:20:02

It's basically just repeating what Lester said in the audio.
I'll translate the "The Way" series
later and make a transcript. It's best
to just listen to this; Lester explains
it very clearly.

I was on 2020-09-17 21:23:29

@Feng , you saw a lot of English, did you see any information about Lester dying of cancer? I heard about this from a fellow practitioner who used to guide me a few years ago , but I have serious doubts about it.

Wind 2020-09-17 21:24:20

I haven't seen it.
I don't care about this.
Because the Buddha died
from poisonous
mushrooms and suffered
from back pain for many
years.
This point was also mentioned in "The Road to Ultimate Freedom".

a higher state to have a sick body and not identify with it. And that's why certain Masters do that. They will go through life with a weak or sick body, all the time maintaining their peace and equanimity. And they Welcome it because it is an opportunity to be constantly reminded that they are not the body.

To possess a diseased body, yet not to identify with it, is a higher realm. This is what some masters have done. They experience life with a diseased body, yet remain serene at all times. They welcome illness because it creates opportunities, constantly reminding them that they are not this body.

The discipline of having an imperfect body and not allowing it to bother you are a very high spiritual discipline. Many fully realized masters go through life with a sick body setting an example of non-emphasis on the body because the body is a cage of Limitations. We are not in the body but the body is in us. Our greatest limitation is, "I am this body." Not only is the body a limitation but also associated with it are hundreds of other limitations. So, although at first I corrected body imperfections instantly, I now prefer not to correct the body, but to have it touch me not, not even in the slightest, regardless of What is happening to it. This is something I started three or four years ago.

Having an imperfect body and preventing it from bothering you is a highly

spiritual discipline. Many fully enlightened masters are excellent examples, because they lived their lives with a diseased body; the body is a prison of limitations. It's not that we are inside the body, but that the body is inside us. Our greatest limitation is: "I am this body." Not only is the body a limitation, but hundreds of other limitations arise from it. So, although initially I...

It instantly corrected my body's imperfections, and now I prefer not to try to correct my body, but rather let it not affect me, no matter what happens to it. I've been doing this for three or four years.

> This is what Lester said in "The Ultimate Freedom," so even if he has cancer, it doesn't prove anything. He has become inclined not to correct his body, but rather to say, "I am not this body."

I was on 2020-09-17 21:28:39

This issue actually needs to be clarified. If it really is cancer, then it needs to be debated. Because when beginners hear this news, their faith in the release method will be severely shaken.

Wind 2020-09-17 21:29:15

> Then look at the chapter on the ultimate path to freedom; that chapter says there are three stages.
> The first stage is "cannot".
> Then change what you cannot do into what you can do.
> Finally, once you can achieve that, don't pursue a perfect body; I haven't seen that message either.

I only heard Lester say in an audio recording, "Some people say I take some vitamins, so what ? The key question is, do I have to?"

> The master's choice to live his life with ailing health is itself a discipline of maintaining a high level of spirituality; perfect health is merely the second stage.
> The highest stage is choosing not to become this body. Lester made it very clear. If you can't, then do it.
> "If you can, then let it remain in its sick state and don't try to accept it." This is a matter of skill level.

You can't keep ″ I can't ″ in your mind, which
is why you should try to do what you can't do.
Change your inability to
become the ability to
release all
″impossibilities″.
But once you can do it, once you have the freedom to choose, you can choose not to correct your body.

Body

Moreover, there is no such thing as a perfect body.

I was on 2020-09-17 21:40:27

The body has become merely a tool . (2020-09-17 21:41:33)

Didn't Lester Levenson (The Sedona Method) say that in the video?
if you really like the body that much, you stay eighteen all your life

If you truly love your body that much, you could stay 18 for life.

There's another sentence after that,
maybe 16, I don't I know maybe I'm 16.
Then his female student added, 25
Initially, the desire for material
abundance might be helpful; early
abundance courses were designed in
this way.
They place great importance on "goals" and " gains " .
In my personal opinion, this should correspond
to the first and sixth steps of the six-step
process, which are roughly about accumulating
and releasing motivation.
Not everyone knew what freedom was
at first; we pursue happiness in
various areas.
In other words, if you really want to achieve your goal, you won't stop until you do. Lester emphasized, you have to be the winner
This is also an
audio clip where
you have to be a
winner.
Otherwise, that sense of frustration will be
suppressed and accompany you throughout your
life. He emphasizes that releasing your goals
means releasing them until material things
fall into your lap. It doesn't stop once it's
almost released.
Most people don't obtain material things because they stop releasing them once they feel "okay."
At the same time, they indulge in this relatively comfortable feeling, refusing to look at the more suppressed negative emotions below.

thread
I was on 2020-09-17 22:15:30

My few instances of certain realization of matter were not through release, but through direct surrender ; I have no experience with realizing it entirely through release.

Wind 2020-09-17 22:15:59

I rarely let go completely.
But I later realized that I was running away from this.
Because I previously believed that "wanting to
release the goal too much actually prevents it from

being achieved," but this conflicts with Lester's repeated emphasis.

Lester emphasized that once you set a goal, you must achieve it, so I tried it once.

A decision was made, and the release will continue until the goal is achieved.

It was then that I realized I had been clinging to a limiting belief that I couldn't control how my goals were achieved.

I was on 2020-09-17 22:17:39

Has it been achieved? This kind of thing, where achieving it just once means liberation from all wind. (2020-09-17 22:18:07)

That was achieved, but I'm not completely free [laughing emoji].

However, I'm no longer opposed to my goal.

I used to be somewhat resistant to setting goals . (2020-09-17 22:18:45)

I also underwent a complete release targeting my goal, and although I haven't achieved it yet, what I uncovered shocked me . It revealed many unconscious, habitual beliefs I hold in my daily life that were actually hindering my desire to achieve my goal.

Wind 2020-09-17 22:18:48

Now I'll set some smaller,
more achievable goals.
Abundance courses teach students
to set goals from small to large
because this gives them a sense of
accomplishment.
It will gain more
motivation to release it,
and as the motivation to
release it gradually
increases, it will also
crave freedom more and
more.

I was on 2020-09-17 22:20:47

I have a knack for making requests that work very well. I can imagine what I want to eat, and then ask my grandma to cook it for me as soon as possible, either that afternoon or the next morning.

Then I realized it wasn't me who was very effective, it was my grandma who was very effective.... Wind 2020-09-17 22:21:11

According to Lester Levenson (The Sedona Method), we are all pursuing the same thing.
In everything we search for, we find "happiness without any sorrow," and eventually we gradually realize that "all happiness comes from within."
Freedom thus became the sole objective.
Initially, release the material target.

I felt great releasing it all, so I stayed there, fully expecting things to work out. Then I realized there was still so much more to come.
At that time, I even tried the method of focusing on positive thoughts from the Ultimate Path to Freedom, but it didn't work.

I was on 2020-09-17 22:34:58

I've actually tried these methods before, and they didn't work. Because of these ineffective experiences, when it came to releasing something else I felt I clearly couldn't do, I just casually thought about giving it up and

didn't think about it further, without truly releasing it. And it turned out...

In other words, I genuinely stopped thinking about it because I felt I couldn't do it, so I gave up.

Already

The result was that this
became a recurring
experience.

I only truly let go when I felt I couldn't do it anymore.

This shows that when I specifically targeted the release, I didn't truly let go completely, hence the lack of...

The law cannot be realized because one is
still clinging to it and hasn't truly let
go . (2020-09-17 22:38:00)

That's right.

I've had the same experience before.

However, I now have some different opinions.

Especially after listening to "The Way" and
After listening to the Winner audio, I
realized it was because I had a resistance
to my goals.

Later I unearthed a concept
I used to think that if I didn't "want," I couldn't
possess things. After this feeling was released, I felt
much better about my goal.

Furthermore, I
find it quite
interesting that
they resist the
target, feeling
that it's an
attempt to
control them.

I was on 2020-09-17 22:43:25

Yes, it happens often.

There must be a reason why a goal cannot be achieved. These kinds of ideas account for a large part of the prevailing sentiment.

(2020-09-17 22:44:20)

In my early years, I was
influenced by some Taiwanese
teachers, and also by some of
my own experiences of
catharsis.

And the frustration of failing to achieve the goal.

In summary, "Because I want control, I can't achieve it."

Ultimately, I always feel that "wanting to achieve a goal means wanting control." (2020-09-17 22:46:43)

In the end, I always doubt whether the goal can really be achieved.

Then, when I try to understand it, there's another layer of doubt.

Accumulated negative beliefs

Wind 2020-09-17 22:47:02

Yes, there are doubts too.

Therefore, I think the structure of the
abundance curriculum is reasonable,
starting with accumulating knowledge
from small things.

Some things you're more likely to believe

2020-09-18 Advanced Course on Wind-to-Release Method way Translation and interpretation of 1

Wind 2020-09-18 01:42:59

My hand is a little sore from the two hours of dictation.

I've finally finished
transcribing the first "The Way"
piece. I'll translate it
tomorrow.

Leaping Flames 2020-09-18 07:03:55

I have a question: Has Lester ever used his superpowers to save a group from disaster , or does he disregard other people's karma?

I was on 2020-09-18 07:06:52

The release method is a way to quickly release karma.

He said he originally didn't plan to teach the Liberation Method, but after seeing a million years into the future, he felt it was necessary and came back to spread the Liberation Method.

Wind 2020-09-18 08:40:10

Earth is a classroom, disaster is a topic

The teacher can teach you, but they generally won't do the exercises for you. I've already translated one.

It's a transcription, so there might be some minor flaws, but I tried my best to check it several times to avoid compromising the original meaning.

It is worth mentioning that, the The "way" course is an advanced course, and all the students here have already achieved a certain level of "release ." Everyone has experienced "getting things simply through release." Therefore, you still need to learn the basic release techniques first before you can benefit from this course.

I was on 2020-09-18 10:42:21

It's great to have this information. Many things require constant practice to understand, but with this information, I understood immediately. (2020-09-18 10:44:50)

transcribe all six parts of "The Way"
continuously , but I need to take a
break first; this is a bit tiring.
The six steps described
in "The Way," for
example, the first
step...
The original version was "Wanting freedom more than wanting this world".
you gotta want freedom more than you want the " You must
want freedom more than you want this world. "
Lester then realized that many people couldn't understand
this statement and that it was meaningless to many, so he
changed it to "You must want freedom more than you want to
be controlled and accepted."
Note that the word "survival" is not included here.
Therefore, all versions have somewhat misunderstood Lester Levenson (The Sedona Method)'s meaning.
In order to confront the fear of death directly, you must desire freedom more than you desire the world (being recognized and safe).

Complete)

Lester said that being recognized and controlled equals the world.
approval control equates to the world

Let me change that around, but that's the way it was originally but See it be meaningless to people so we changed it to you must want freedom more than you want approval or control while approval control equates to the world.

The original sentence is as follows:

"Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world. Let me rephrase it slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we changed it to 'You have to want freedom more than you want to be recognized and controlled,' because being..."

Identification and control are synonymous with the world.

The following is spoken language.
approval control equates to the world
This is very clear and there is no ambiguity.
The first time I saw Larry's six-step process, it added security to the foundation of acceptance and control, and Haier further developed this by adding the desire to separate.
So things got all messed up afterward, and we even saw talk of five desires, but Lester only ever said three "wants".
And the first step doesn't include "survival" ; you can listen to the audio.
That was a recording.

approval or control
In the context of legal
remedies, ″ approval″ is a
frequently used term ,
signifying recognition or
acceptance. control
The content is very good.
I don't watch most of the audio either.
But the The Way series, and the right I watch Path
frequently. It's very inspiring, clarifies doubts, and
guides people onto a simple and direct path.

A group member asked: Can we just attribute it to fear? So I

think we should just release the fear directly? (Wind,

2020-09-18 11:13:43)

Yes, he said it in another audio recording, all feelings are survival programs
All feelings are part
of the survival
process. Look at this
... Any way is fine.
He also mentioned that the desire for recognition and control develops from this fear of death.
However, without releasing enough approval and control , it's difficult to directly confront it.

ZOEY 2020-09-18 11:18:07

During the release, I encountered the feeling of ″worthlessness and fear of not being able to exist″ many times. The fear of not existing must be the fear of death.

Wind 2020-09-18 11:19:12

Personally, I think this stems from a
desire for control and acceptance,
because the fear of death is indeed at a
very low level.
You won't encounter it when you first release it.
There's a line in The Right Path that
really stuck with me: ″Follow these six
steps, and you'll be free.″
Then the student said, ″I followed

the six steps to release ..."
Lester said, " There 's no 'stop'
in the six steps." is no stop in
the six step

I was on 2020-09-18 11:22:29
Nothing has
stopped? (Wind,
2020-09-18 11:22:46)
It doesn't "stop
releasing" but
continues to release.

Huixuan 2020-09-18 11:23:28
@Wind? People who commit suicide, right? They weren't afraid of death at the time, were they? Was that fear suppressed?
Already
Wind 2020-09-18 11:23:55
It's deep inside, covered by a lot of desires for control and for validation. (This is my translation.)
the The answer is conveniently found on the way .

"Now we also need to confront the fear of living, which is two sides of the same coin as the fear of death. Because a large number of us want to escape everything by dying. So the desire to live, the desire to die, the fear of death, and the fear of living—these four things can be considered together. Perhaps you can write them down; this will help you..."

Each and every one of us has undergone astonishing changes.

This is the part.
The desire to die and the fear of death
are two sides of the same coin. The
desire to die stems precisely from the
fear of death.

Therefore, many people mistakenly believe
that they should take action after release.
This is incorrect. After release, if you try
to raise your arm, it will float away.
Lester's example is an extreme one.
However, it explains the operating mode of the release.

Huixuan 2020-09-18 11:27:56

@Wind ? I used to have suicidal thoughts without feeling fear. Now, life is tough, and I think the worst that can happen is death, but I'm afraid and feel like I can't die yet.

Feelings exist in the
subconscious, but that doesn't
mean they're not operating. The
subconscious is simply the part of
your mind that you're avoiding
looking at right now. motivates
the Thinking is driven by
feelings.
Subconscious feelings drive subconscious thinking
You don't see the fear of death
because it's too deep, not because
it's absent.

Xiong Wei 2020-09-18 11:31:04

Imagine jumping
off a cliff - that's also

possible . (2020-09-18
11:31:47)

This is an early teaching on
the path to ultimate freedom,
right? I've tried that too.

Huixuan 2020-09-18 11:32:03

@Wind ? I'm usually very cheerful, and it seems like I can do without anything. But through releasing these feelings, I feel like I've suppressed all my human needs and desires, as if they've disappeared. If I can't have something, I don't want it, I don't even think about it.

Wind 2020-09-18 11:32:40

Yes, your emotional state is described in the
release therapy's emotion chart as apathy.
Useless, indifferent, forget it...
In our culture, we often equate this
helplessness with tranquility, which is
actually the lowest and the highest
level, respectively.

Huixuan 2020-09-18 11:34:34

This calm and collected demeanor is hard to understand. It seems to encompass so many emotions; is it simply suppressing them all?

Did you?

Xiong Wei 2020-09-18 11:34:46

Some people actually think that the release method is a sign of being indifferent to everything after seeing so much, and consider it a kind of calm and collected attitude.

Wind 2020-09-18 11:35:09

Okay then.

You imagine your true self as an infinite thing and keep filling it with things.

Being so stuffed that you can't move is apathy (indifference).

Throw everything out of it, restore your infinite nature, and everything will be calm and undisturbed. But it's okay if you can't understand this.

With release, you can understand acceptance.

It's definitely not about saying "that's it" or that kind of emotional state.

Look at the following descriptive words

Happiness, love, abundance, miracles

Huixuan 2020-09-18 11:37:46

Is it just the calm of the sea surface? (2020-09-18 11:38:17)

The descriptive words for tranquility are infinite space, freedom, and wholeness. So if you misunderstand the word "tranquility"...

Ask yourself: Do I feel free, infinite, or whole?

If you feel restricted, then you are clearly not in a state of peace. These are two emotions that people often mistake in their early stages.

Mistaking indifference for calm

Huixuan 2020-09-18 11:40:48

I feel trapped in my life. The space is like a huge birdcage, and all I want now is to escape it , not for the boundless freedom outside.

Wind 2020-09-18 11:41:09

Yes, this feeling of being unable to move is called apathy.

In the video, Lester discussed this emotion chart from another perspective , mentioning selfless and selfish.

selflessness and selfishness

It is the decline of self-awareness

In a state of fearlessness, this is a midpoint.

50% selflessness, 50% selfishness

Selflessness increases, ego decreases (this is positive emotion);

selflessness decreases, ego increases (this is negative emotion). Therefore, start with courage , and cap represents positive emotion.

Agflap represents negative emotions.

Stars 2020-09-18 11:44:52

What I've always wanted to say is that I'm not afraid of death at all because I am empty of inherent existence, and therefore I will never die.

What I fear is

Pain and lack of enlightenment mean that after death you will be reincarnated as a human to suffer again. [eye roll] Death is nothing to be afraid of; pain is the most terrifying thing.

Wind 2020-09-18 11:46:51

According to Lester, physical pain is itself an expression of the fear of death.

Lester on The pain was mentioned in the audio recording.

So you haven't seen the fear of death; it's

hidden deep inside, not a lack of fear of

death.

The fear of death is an integral part of all your feelings.

I was on 2020-09-18 11:47:29

@Wind ? Can I post this translation on my WeChat official account? There are still 3000 followers on the account.

You can take a look.

Wind 2020-09-18 11:47:49

Sure, it's meant to be shared.

Stars 2020-09-18 11:48:50

@Wind ? [dizzy] This deeper level is really hard to understand. A Course in Miracles says that all fear is fear of God. Okay, then let's practice diligently.

Wind 2020-09-18 11:49:59

It's normal not to feel the fear of death now; I don't usually feel it either. However, most people can feel the desire for control and the desire for approval.

Therefore, release these two first.

Once enough is released, the underlying fear of death will naturally become apparent.

Zhao Jiaman 2020-09-18 11:58:37

Today I saw the date of Lester Levenson (The Sedona Method)'s death: January 18 , 1994 , at noon . He voluntarily chose ...

Choose to leave

Wind 2020-09-18 12:01:05

I also remember it was around

this time [laughing emoji] Huixuan 2020-09-18 12:08:45

How can we sense that Lester Levenson (The Sedona Method) is blessing us? (2020-09-18 12:10:19)

If there's not enough acceptance, you won't feel it.

This was mentioned in part three or something of "The Way," so we don't need to consider this issue now.

Because you are still wary of this world. (Huixuan, 2020-09-18 12:11:54)

Yes, to doubt the world, to complain about the world, to blame the world.

Why be born a human being, it's so hard ? (2020-09-18 12:14:35)

Actually, you basically didn't need any help before that.
You only truly need a master's help when you've released your fear of death; this is what the second part of "The Way" says.
You will experience very intense, uncomfortable, and dark feelings. At this time, a master will help you.

I was on 2020-09-18 12:16:02

Yes, when it comes to releasing the fear of death, I've encountered it many times in close combat, and I rarely release it smoothly; I usually fail halfway through.

I need better help, especially since there was no prior written explanation on how to release fear. (Wind, 2020-09-18 12:17:27)

Next time, you don't have to back down. When you feel like backing down, you can try calling out to Lester Levenson (The Sedona Method) [laughing emoji]. (2020-09-18 12:18:09)

That's difficult, because what I'm releasing is a death-related fear of ghosts , calling upon Lester's words. I'll try. [Facepalm]

Every time I fail to release my fear of death, I look back and remember that I'm still alive, which means the fear of death I felt was unreal and there's nothing to be afraid of.

But at that time, I was completely out of control and succumbed to fear.

Wind 2020-09-18 12:18:12

I haven't encountered that yet; perhaps it's because I prefer to rely on myself and don't like depending on others.
It might also be because I haven't experienced much of a fear of death yet.
I'm basically still dealing with the conflict between wanting control and wanting recognition.
I used to wonder why Lester didn't leave behind any instructional videos on the release method, which has led to this current debate.
Later I listened to an audio...

I know that Lester taught in small groups in his early days, and they improved whenever he led them, and regressed whenever he left them.

Those people viewed the release as

"what Lester did" and attributed the
power to external factors.
So Lester no longer personally
guided the releases; he left it
all to the instructors.
This is to make you understand that you did
everything yourself, not because a master
did it for you; you are the master. You
need to experience what release feels like
first.
In the very end, some members of the release agency
began to oppose Lester, so Lester let the agency
go.

I was on 2020-09-18 12:25:30

Lester's approach to teaching is excellent. The teacher's role is to teach students independence, not to make them increasingly dependent on themselves.

Wind 2020-09-18 12:26:20

Yes, so the release method itself is
quite independent. An important
point here is taking full
responsibility.
When you attribute the cause to external
factors, you are shirking responsibility,
whether it's good or bad.
take full responsibility
There's nothing outside, just a bunch of my own thoughts and feelings.
only thing preventing you from being free is that
you don't want to be free.
The importance of
taking the first step
is that nothing
external is stopping
you.
If you follow the first step of the six steps,
nothing can stop you from witnessing a
paranormal event. [Laughing]
It's not that I don't believe it, it's that I've never seen it.

the The Way series revolves around these two guidelines.
One is " get" everything by releasing "Only"
means getting everything you want simply by
releasing it.
The other is " release" the fear of dying
"Directly " releases the fear of death.
Lester Levenson (The Sedona Method) said he preferred the former.

Group member 2020-09-18 15:29:03
@Wind ? Are there people at the Release Law Center who oppose Lester Levenson (The Sedona Method)? Could you tell me where you heard that? Thanks. Wind 2020-09-18 15:30:12
Larry's student mentioned a YouTube
channel called " Release Technique" when
discussing Mr. Lester , and that's where
I saw the videos.
For example, some people oppose and resist him.

Group member 2020-09-18 15:33:34
Separation is something Lester Levenson (The Sedona Method) himself said; I took notes on it, it's not something someone else added.

(2020-09-18 15:34:08)

no

He did discuss separation.

he stopped using these concepts

after establishing his liberation

method curriculum.

He gradually eliminated many elements from early education in his teaching, transitioning to a simpler and more direct approach, with the aim of providing students with a complete roadmap.

Haier directly incorporated separation into its six-step process for achieving freedom, which differs from the six-step process Lester himself described.

Consistent

Additions by yourself

Group member 2020-09-18 15:50:14

The Lester recordings I listened to that were marked were from 1964-1973 . It seems like we haven't seen him speak anything since 73 years ago . Has anyone heard him speak?

Wind 2020-09-18 15:50:49

"the way" I translated today refers to the one from 1989 , specifically June 5 , 1989 .

He also mentioned the incident that happened in Beijing "yesterday," a part of which I omitted in my translation.

Political issues

September 19, 2020 : A description of true release: the feeling of being covered up.

The sensation faded, and then a wave of pleasure surged up below. If not, then there was no release.

Wind 2020-09-19 08:08:49

In fact, Lester Levenson (The Sedona Method) himself mentioned that some people were resisting him.

"My coming back into the world had made me see things differently. When I originally talked to groups I I never saw any opposition. It was God talking to God. But now, I see much opposition coming at me from people. I never saw it originally. Now, I see it as my imposing when they are opposing What I'm telling them. I feel I have no right to impose. Now I can present What I have to say in black and white and they can read it or no, as They choose. I no longer feel the need to go out anymore.

This return to Earth changed my perspective. Initially, when I spoke to people, I never saw any resistance; it was a dialogue between gods . talking to (God). But now, I see considerable resistance from the crowd , which I hadn't anticipated. Now, when they resist what I tell them, I see it as me forcing them to listen; I feel I have no right to coerce others. Now I can present what I need to say in black and white, and they can choose whether or not to read it; I no longer feel the need to go out.

This is Lester's autobiography.

To sum up, my overall wish is for everyone the rest of me! to fully know what I know so that all misery and unhappiness is at an end.

In short, my overall wish is for everyone—the rest of me!—to fully know what I know, so that all suffering and misfortune may become a thing of the past.

Love, Lester Written in 1972

Love, Leslie, written in 1972

Listening to Lester Levenson (The Sedona Method) is enough.

Speech

However, I haven't found any audio recordings of the Lester Cult's release method yet, only teaching advanced techniques.

After the establishment of the Liberation Law organization, Lester no longer personally taught Liberation Law, but only periodically taught it to Saint Dona.

The audi

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We want the
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because you
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working on
it
We want the illusions of this world because you've spent time on them. If we want...

If we ask for bananas, we won't get apples.

giving 99% of time to x and 1% time to y, you are going to achieve x

you give most of the time to What? that's What you have

Given that you spend 99 % of your time on x and 1% of your time on y , you will reach x.

You will acquire what you dedicate the most time to; acting solely on desires is highly ineffici ent.

When you see desire, pull it out and release it.

Lester's speech on YouTube... Sedona in the middle The word " method" was muted. (p)

Release technique……

I've heard two versions.

sedona The version using "method" is smooth and uses the original audio.

Because Lester Levenson (The Sedona Method) did indeed call that method the sedona method.

Larry's release In the version with the word "technique " muted, "release" was added.

technique

There are indeed a lot of complaints on YouTube.

It is said that the current release agency has become a money-making machine. maker Lester Levenson (The Sedona Method)

himself called this method sedona. method
That is, the Santoro method
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After Lester's death, he gave all the copyrights to the video and audio recordings to Haier, and the release law enforcement agency entrusted Haier with their operation. So Haier inher ited the name ″Sedo na Metho d, ″ but a few years later , it estab lishe d its own organ izati on, and the origi nal organ izati on was disso lved.
I don't think the use of those three questions is meant to be something I casually mention. I remember reading about a method called ″Zero Limits″ before. Zero Limits doesn't mean repeating ″I love you, thank you for forgiving me″ over and over again. The Release Method doesn't mean that.

Questions guide people to pay
attention to their feelings, and
the core of letting go lies in
the experience of release.
Once you've truly experienced release, it's unlikely to be
confused with any other experience because its direct
effectiveness is unlike any other.
This is not conceptual
If you are honest with yourself,
it's quite obvious that you want
freedom more than you want the
world.
I haven't achieved that yet, but I'm increasingly yearning for
freedom.

Xia Shan 2020-09-19 10:35:10

Friends, I'm a newbie. When I ask myself three questions, I often mentally visualize "yes" or "no." Is this a false answer from my mind? With so many "yes" options, I'm unsure if they're truly yes. Sometimes I repeatedly ask myself if it's true, or I just go with whichever one feels right. Is this considered mental processing?

Wind 2020-09-19 10:36:03

Don't dwell on this.
Relax, focus your attention on
how you feel in the present
moment, and answer intuitively.

Sui Le 2020-09-19 10:46:58

@Wind ? I just want freedom above all else in the world, and I crave freedom, but I've been free for over a year.

The effect is not very obvious.

Wind 2020-09-19 10:47:19

Have you watched The
Way ? That topic was
mentioned in it ; I
transcribed it
yesterday.
The group owner should have posted it on the official WeChat account.

"Yes, that's the first step, and the first step in the method, isn't it? You must want freedom more than you want the world. Let me rephrase that slightly, but that's how it originally sounded. Because it didn't seem to make any real sense to

people, we modified it to 'You must want freedom more than you want recognition and control,' because recognition and control are equated with the world. But I think it's better to say 'You must want freedom more than you want the world.' If you do that, your next action will be: turning yourself away from the world and focusing back on yourself. " "You yourself, do what is necessary to transcend the world, and allow your infinite existence to simply exist here."
If you do this, your next action will be: turn your gaze away from the world and focus back on yourself . You yourself, do what you need to do to leave the world, and allow your infinite existence to simply exist here.

Therefore, sometimes when we think we've
succeeded, we may not actually feel stuck and
have released the desire to change that feeling.
After it's released, what's underneath will appear.

This was quite interesting; I reviewed it myself while translating it. I set two small goals yesterday, and I succeeded in both.

First, have you ever had a experience of release?

Many of my friends have been trying to "release" for a year without ever experiencing what release truly means, so this is quite crucial.

Once you understand what release is, the problem you face is that release often gets stuck. These are two different issues.

Release is a very clear and intuitive feeling.

Emotional energy flows through the body, accompanied by psychological pleasure and relaxation.

Sui Le 2020-09-19 10:57:59

wind wasn't very noticeable, but when I felt unwell in a certain part of my body, the effect was quite obvious as long as I quietly focused my whole mind on it.

Wind 2020-09-19 10:59:19

I suspect this might not be a release.

Therefore, I think this can be divided into two issues. Solve the first one first, and the rest will be easier to handle.

If your experience of "release" is vague, you're unlikely to understand what "continuous release " is all about.

Even not releasing is considered a form of releasing.

So when you stop releasing, if you still believe you are releasing, then you cannot practice the "six steps".

It can be explained in a very practical way.

Sui Le 2020-09-19 11:01:47

@Wind ? I released the question, "Do I have a desire for safety and security? Answer: Yes," and after a while, I cried, yawning. The dark clouds remained motionless. Does this count as release?

Wind 2020-09-19 11:02:15

Has the tightness in your chest cleared up?

Does a more pleasant feeling well up inside you ? (Suiyue , 2020-09-19 11:02:38)

@Wind ? I haven't felt happy, but I'm not as

gloomy as before. @Wind ? There's no feeling of pleasure.

Wind 2020-09-19 11:03:02

This feeling, the feeling that you covered up above, clearly leaves... Then a surge of pleasure welled up below.

This is a release

If not, it's probably just the brain's imagination. (September 19 , 2020, 11:03:45)

@Wind ? I've never had a single pleasurable experience . (2020-09-19 11:03:50)

Um

So you've identified the problem.

You must first learn to release.

Only then can we discuss the issue of "continuous release".

True liberation is when each time becomes more joyful and carefree. (2020-09-19 11:04:37)

@Wind ? Did I release it incorrectly? Wind 2020-09-19 11:04:50

Based on my personal experience, it shouldn't be correct.

Because once you've experienced release, you won't be confused. (Sui Le, 2020-09-19 11:05:27)

@Wind ? Maybe that's not right, what should I do? Wind 2020-09-19 11:05:58

The release method is not complicated; it's simply about letting up and letting go. However, many people haven't experienced release in practice; they mistake some mental imagery for release.

Let feelings emerge, let feelings depart.

How did you release it? Or what method did you use? Try not to modify the method when releasing it.

That will only weaken the power of the method. Don't mix and match, don't modify it. Try this and see.

Can I find the feeling to enjoy music? (2020-09-19 11:08:38)

@Wind ? Are you following the method from the Book of Abundance? I basically follow the method from the Book of Abundance too.

Wind 2020-09-19 11:08:54

I used the 1992 release method course, which is a bit more

original.

Sui Le 2020-09-19 11:09:35

Can you send me the course from 1992 ?

Wind 2020-09-19 11:09:55

On YouTube, there's an
English video. Let me
share my personal
experience: the release
is a very clear
feeling.
When you release it once, you'll find that this
experience is distinctly different from repression or
escapism, so you won't confuse them.
After that, you'll understand what
release means. Why don't you try

感受一下，你现在的感受是什么

随乐 2020-09-19 11:15:02

我体验了几十年的压抑了，就闷闷不乐的感觉 现在还是有喉咙堵的感觉，不是很轻松的。

风 2020-09-19 11:15:20

A sense of
oppression? A
feeling of
sullenness ?
Sui Le 2020-09-19 11:15:32
Yes
Wind 2020-09-19 11:15:35
Can you clearly feel
it? (Sui Le, 2020-09-19 11:15:43)
able
Wind 2020-09-19 11:16:02
Okay, feel it
for a while,
feel it for a
while.
Sui Le 2020-09-19 11:16:33
It's a little lighter than a year
ago, which is good. I'm feeling the wind now.
(2020-09-19 11:16:48)
First, just feel it for a while.
Then ask: Can you let it
go? (Sui Le, 2020-09-19 11:17:40)
Can I let it go? (
Nengfeng, 2020-09-19 11:17:55)
You should know
the three questions. (Sui Le,
2020-09-19 11:18:11)
I know,
and I also use the wind.
2020-09-19 11:18:32
Now look at your feelings again, are
they still there? (Sui Le, 2020-09-19 11:18:59)
Can I let it go? Am I willing to let it go?
When will I let it go? (Wind, 2020-09-19 11:19:17)
Yeah, I'm trying to help
you find your rhythm . (2020-09-19
11:19:21)
It's still there, so it won't move.
As I experienced the
feeling of it
leaving, my throat
felt even more

constricted.

Wind 2020-09-19 11:20:03

Can you notice that you want to change it?

I roughly understand your situation. Now, don't get stuck in the habits of your past actions.

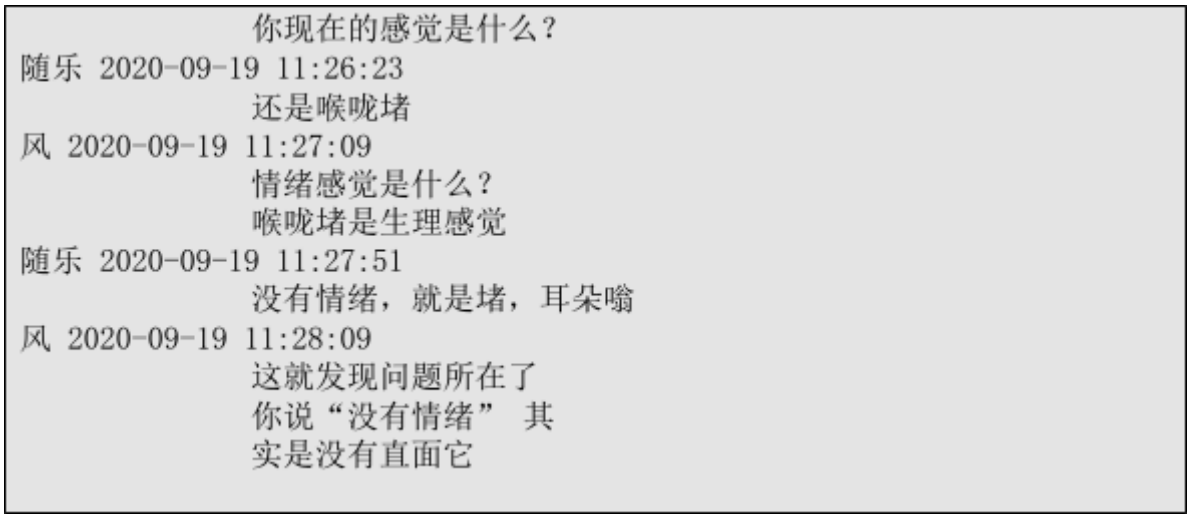
First, relax your body.

While maintaining a relaxed and comfortable state, pay attention to how you feel in the present moment. (Sui Le, 2020-09-19 11:22:37)

Yes, that's right, my confident answer came from a mind that gets stuck at the slightest question, and my experience is also blocked; I've never felt relaxed.

Wind 2020-09-19 11:23:16

I've been in this situation before.
When asking a question,
my throat tightens
unconsciously .
Therefore, my solution is
to avoid getting stuck in
the inertia of past
practices. Restart usage
method
Relax and keep your body comfortable.
Regardless of your current
feelings, simply be aware of them
without consciously trying to be
aware.
Feel it for a while



Sui Le 2020-09-19 11:28:30

No, it's just something I had
when I was suppressing my
emotions before; it's not an
illness, is it?

Wind 2020-09-19 11:29:29

But that's what Lester Levenson (The Sedona Method) said.
Physical pain is an expression of
emotions in the body, so releasing
emotions can bring out physical
pain.

Sui Le 2020-09-19 11:30:34

It's not an illness, it's just that my
emotions are blocked up somewhere, but I

don't consciously feel it. I used to feel
depressed, but now it seems like that's gone,
there's just a blockage.

Wind 2020-09-19 11:30:44

Um
I prefer that you try to feel
that emotion because that's
how I operate.
Overemphasizing physical sensations may cause problems.
1992 release law was to take out a form.
First, let people become aware of their
emotions, and then identify those emotions ,
such as sadness .
The feeling of fear and anxiety is fear

The feeling of anger is anger

After release, physical sensations will follow.

Feeling accompanied

In the fifth or some other lesson, it was mentioned that sometimes feelings are very "subtle" and may not necessarily be tangible.

If you focus too much on the sensation, you are likely to get stuck.

Sui Le 2020-09-19 11:34:04

This feeling of being unable to listen to him or his yelling, yet being unable to resist, accumulates over time.

Tired of this traffic jam

Wind 2020-09-19 11:34:58

What you're doing is analyzing
the cause, not pinpointing the
cause of the feeling as a story
made up by the mind.
Feelings are what you
directly experience;
many people get stuck
there.
Because they will
forcefully squeeze that blockage .

(September 19 , 2020, 11:37:11)

@Wind ? So, do you want to feel the emotions he evoked when he yelled, or experience the traffic jam ? Wind 2020-09-19 11:37:21

You can try them all.
This is our different experience
My personal experience is to feel emotions
The reason I didn't mention the
latter is because I experienced the
traffic jam firsthand; I was stuck
in traffic all the time.
I was able to release the emotions later by experiencing them.
Once released, the blockage
automatically dissipated, and
energy surged out.
So when I share my experience with
newcomers, I always talk about how emotions can be controlled. (2020-09-19 11:39:51)

@Wind ? I've also been experiencing congestion for over a year, and now it feels like there's no progress. (Wind, 2020-09-19 11:40:27)

Once you've experienced it, it's very simple.

However, for those who haven't experienced it, it's truly impossible to figure out how to release the tension; they can only follow the steps.

Sui Le 2020-09-19 11:41:39

@Wind ? My question is here. Wind 2020-09-19 11:42:02

I think you are suppressing your emotions habitually.

When I practiced The Book of Abundance, I habitually suppressed my feelings because I misunderstood its meaning after seeing the Guanzi method.

Imagine a pipe, and try to squeeze it out.

Later, I saw a sentence in the Book of Abundance and experienced liberation for the first time.

That is, "feeling that you also want to get out," and "relieving stress ." The feeling is pushing you outward; as long as you don't suppress it, let go, and it will go out on its own.

Metaphor is very materialistic

shake

That experience reveolutionized my understanding

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Therefore, I personally think the advantage of the Book of Abundance is that it describes the process of release in great detail, more so than...

This prevents you from having random thoughts about what release is ; just try it

out.

I've been to some release practice groups before. The "group leader" would lead the practice for a while, then stop, and many people would just keep imagining all sorts of things in their minds. But for me, reciting a hundred verses of God is not as powerful as the experience of a single, clear release.

Therefore, the key lies in how to release and sustain the release, which is highly practical. As for the truth, you'll see it as long as it's continuously revealed; there's no need to constantly study it with language and words. No matter how much research is done, it's still just language and writing.

Sui Le 2020-09-19 12:02:25

@Wind ? Did you feel a sense of pleasure after releasing it?

Wind 2020-09-19 12:03:23

This is present in every release.

For example, I released what I wanted to control yesterday. At the time, I was struggling with how to translate a sentence, which helped me release that feeling.

Once the emotional energy leaves, it feels unobstructed and immediately flows freely, like picking up a plate.

Take the one above and add the one below.

After experiencing the pleasurable feeling, you then check if there's anything left; it's obvious that there's something even deeper down there.

Emotions welled up inside me.

Then continuously release

This pleasant feeling continuously

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I think many people might not understand what intubation is, and they might misunderstand it. However, even asking a question can lead to misinterpretations. Many peop le thin k that a ques tion is a way of expl orin g the prob lem itse lf, but that ’s a misu nder stan ding . The process is

to feel it, allow it to emerge, and then let it go.

Very simple

Is still need to ask a couple more questions, otherwise we might easily get stuck in a stalemate

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This actually means that the first step wasn't done.

The desire for freedom is no greater than the desire for the world.

Many people don't believe in superstitions, but I later discovered that as long as the first step isn't taken, the release will definitely stop.

Where to stop varies from person to person.

The more you release yourself, the more you crave freedom.

Only then can you understand the first step.

Otherwise, the first step is too abstract and meaningless to many people.

The more you release information, the more practical the first step becomes.

I 2020-09-19 12:16:45

The first step of exceeding, initially, simply means exceeding the object you are about to release.

You don't need to surpass the entire world at once; you can achieve enlightenment directly this way.

win 2020-09-19 12:17:20
d

That's right.

If you don't want to release a certain emotion, you can't release it.

You tend to suppress it into your subconscious.

Therefore, the liberation method course begins with setting worldly goals.

I don't think there's a problem.

Gradually accumulating the drive to achieve freedom

Otherwise, people are actually "unwilling" to be free all at once.

The vast majority of people do not want freedom

We still need to recognize this point.

I don't really crave freedom that much, otherwise I would have been free long ago.

But I didn't notice this at first.

When I first came into contact with the Liberation Method, I thought I really wanted freedom.

Later it turned out that wasn't the case at all.

In reality, a world of scarcity is created by thoughts driven by a sense of scarcity.

Release those feelings of lack, and your limitations will decrease.

Lester Levenson (The Sedona Method) in the The way also said

As long as you can maintain this fear of death for a week or two...

The first two months were just for cleaning up the top.

The desire to control and the desire to be recognized

Freedom is only a week or two for you when you can consistently see the fear of death.

thi
ng

I was on 2020-09-19 12:25:39
No
translation today? (Wind,
2020-09-19 12:26:08)
not yet
Should I translate the
second part of "The Way"
first , or "The Right
Path"?
Let's continue . way
These are actually both
advanced courses; I
listened to them.
The trainees here should already be
materially well-off or living a very
comfortable life.

In pursuit of greater freedom

All of them had experienced "simply letting go, letting things fall in front of you."

1992 Abundance Course, Lester's advanced course was recommended; he emphasized not stopping the release.

Therefore, let's achieve everything we want—small things, big things—through release.

You can turn your life around by consistently releasing this energy for a week.

But if you release it intermittently, it might take many years to recover. My six years of intermittent release haven't been as effective as the release I had last month.

Huixuan 2020-09-19 12:35:02

@Wind ? After the New Year, I spent three months releasing my fears, but even after that, I couldn't turn the tide.

2020-09-19 12:35:25

This brings us back to that question.

First, you need to understand the feeling of release.

Secondly, it's important to understand what sustained release is.

Lester's "continuous release" means releasing once, then releasing again, and then releasing again.

Second-rate…… This is called "continuous release".

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Huixuan 2020-09-19 12:36:26

@Wind ? Is there a difference between concentrated release and sustained release? Wind 2020-09-19 12:36:46

Don’t get hung up on the meaning of the words. You should have a clear understanding of what release

feels like, right? That's very
important.

Huixuan 2020-09-19 12:37:41

@Wind ? Sometimes after you've released everything, your body feels light, and you can't release anything more even if you want to.

(Wind 2020-09-19 12:37:53)

Yes, that's the problem.
You want to control,
but you're stuck here ,
avoiding the emergence
of deeper feelings.
Therefore, waiting until you develop emotions
again before releasing them is simply stagnation.
Lester addressed this issue in the audio ″ Get High
to Release,″ where you say ″ Release to Get High.″
You release until you feel comfortable, then stop, and wait until you return to an uncomfortable state before releasing again.

put

This is a back-and-forth process.
Lester said that one should release oneself more when one is comfortable.
Because you are more capable of facing the heavier feelings underneath.

Because beyond fearlessness, you have even greater courage.

Huixuan 2020-09-19 12:40:22

@Wind ? No, it's not that you have no emotions. It's especially hard to release them when you're "peaceful." Even if many things are difficult, it's still hard to release them when you're calm.

Wind 2020-09-19 12:40:30

This is because you haven't seen the emotions in your subconscious. You can use something to bring them to light.

For example, is there anything you particularly want? Is there anything you particularly dislike?

My statement that I can turn my life around in a week is based on personal experience. Through letting go, I've experienced two life miracles. It can also be considered a reversal.

The subconscious is the emotion you don't want to acknowledge; you need to bring it into your conscious mind.

Let me quote a passage from the original text.

I lost my financial support while studying abroad

Locked in the room for a week, everything was resolved.

Someone will pay my rent.

Someone transferred a sum of money into my account. Even small goals can be achieved in many ways. That time, it was a sudden breakthrough during a difficult period , which is why I call it a miracle.

I did nothing, just

released myself. (2020-09-19
12:47:59)

When releasing the energy together, there's an added boost, making it easier to continue. But when you're alone , your willpower is much weaker. Of course, this also depends on your determination and your experience with releasing energy.

Wind 2020-09-19 12:49:11

Actually, I've
noticed that you
don't want to release
your emotions.
The only reason you won't release is
that you don't want to release; only
release can solve the problem.
The problem with the release
method can only be solved
through release ; analysis and
thinking are useless.
The act of releasing itself
can accumulate the kinetic
energy of release , allowing
you to release more while
witnessing more.
This testimony itself will continuously drive your release.

Huixuan 2020-09-19 12:53:07

@Wind ? Actually, I just don't want to flip it over [facepalm]

Wind 2020-09-19 12:53:26

That's one way to put it.

Therefore, advanced courses
may not necessarily apply to
your many concepts, and simply
thinking about them can lead
to misunderstandings.

To paraphrase Lester, because you don't want to see it, you want to push it into the background, so you don't see it at all [laughs].

I was on 2020-09-19 12:57:27

@慧轩 It's not an expansion of values, it's a complete collapse of values

2020-09-19 12:59:20

My values have already collapsed multiple times.

The morality, values, and ethics that people talk about ultimately boil down to the desire for recognition and control, driven by these desires.

Wind 2020-09-19 13:00:38

This is that sentence
from the book
"Determining Freedom"
that trembled so
much.

However, this was mentioned by Lester in the audio.

He said that back then, he experienced a continuous stream of enlightenment, and each enlightenment released enormous energy throughout his body.

Full of energy

So much so
that he had
to walk
briskly
through the
streets in
the middle
of the
night. I
once went
three days
without
sleep after
releasing my
pent-up
energy.

Even two years ago, I wasn't tired. Later, there was no release for a long time, so it was a cycle

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Therefore, I have verified that releasing energy can bring about boundless vitality.

I was on 2020-09-19 20:38:22

Haier's desire for separation and unity refers to either separation from or unity with the masses , but I personally believe this desire cannot be placed on the same level as other fundamental desires.

Wind 2020-09-19 20:38:23

These are Haier's four major desires
Later, a Taiwanese teacher
described it as the Five
Desires, but Lester only
talked about the Three
Desires.
Because those are
all practical,
explaining them in
a complicated way
is not very
meaningful.
Freedom comes from releasing the deepest fear of death.
His description of wanting to separate is actually just a desire for control and a desire for identification ; there's really no need to delve into that.
There's no need to study this at the linguistic level.
By releasing the fear of death, your
entire mind is freed, and you can
directly experience infinite existence.

The theory of release has gone through a process from simple to highly complex; Haier later really let itself go.
In a letter to his students, he even recommended that they practice Qigong to aid in releasing pent-up emotions .

He still occasionally posts videos on his YouTube channel, showcasing newly invented release methods that are completely unrecognizable. A Tantric mandala hangs behind the room.

The methods he's inventing now are incredibly diverse . (2020-09-19 20:51:39)

The key point is that if you truly understand the release method, you won't need to invent any new methods; you'll naturally discover that the release method itself is already excellent and doesn't need any modification.

Wind 2020-09-19 20:52:10

Yes, a student mentioned this, so I'll just share a part of it.

Wind 2020-09-19 20:54:07

You can watch the 1992 release method video; that was a course set up by Lester.

Lester taught thousands of people how to apply KISS Releasing in their lives. He also entrusted a few handpicked students to carry on his work after his death. Some of the more prominent people promoting the process (also known as the Sedona Method) have made obvious changes and modifications to what Lester originally developed. Personally, I believe this is a disservice to Lester and new students.

This was written by another student , Stephen.

Lester taught thousands how to apply liberation in their lives. He also commissioned several carefully selected students to continue his work after his death. Some of the more prominent figures (also known as the Sedona Method) made significant modifications to it.

Compared to Lester Levenson (The Sedona Method)'s initial development, I personally believe this was detrimental to both Lester Levenson (The Sedona Method) and the new students. This is the translation of that passage.

No additions, modifications or subtractions to his original technique are required. In fact, they only diminish the power of the process.

There is no need to add to, modify, or subtract from his original technique. In fact, such additions or subtractions would only weaken the process.

I was on 2020-09-19 21:11:55

@Wind , have you read this book? Choose freedom

Wind 2020-09-19 21:15:35

I've seen
The first version I watched
was a love story, and later I
watched the English version.

The latter part of this book is basically a compilation of Lester's audio recordings.
I listened to several audio recordings later.
Lester recounts his awakening process
It matches what's said in the book.
Lester Levenson (The Sedona Method) said his first month dealing with people who wanted to be recognized
The second month was about controlling things.
The third month is filled with the fear of death.
Solve one per month
He said he didn't have the six-step guidance at that time.
Now that you have six steps, you should be faster than me.
I initially only used Chinese materials.

I 2020-09-19 21:25:12
Your English is so good, is this your major?

win d 2020-09-19 21:25:14
Most of the English materials were found and listened to later during my studies abroad.
No, I'm just an international student.
Finance

I 2020-09-19 21:25:53
Are you also studying in the United States?

win d 2020-09-19 21:26:03
Australia
The English information about Lester Levenson (The Sedona Method) is not difficult.
Familiarity with the terminology of his release methods allows for translation.
He tried to use concise and clear English.
Rarely use big words

I was on 2020-09-19 21:27:05
Have you returned to China yet? Things seem very chaotic abroad.
(2020-09-19 21:27:21)
Yes, I went back to China last year (2019) . (2020-09-19 21:28:51)

@Wind This is just good luck; I managed to avoid all these things. [Laughing] Wind 2020-09-19 21:29:31

Lucky

The first book I came across was The Book of Abundance.

The Book of Abundance—Zero Resistance—Santoro's release of Ferrari also involves some changes to the narrative.

Larry may have added a lot of content to his book, and their revision method is rather unpleasant.

It means taking what was originally one thing, dividing it into many chapters, and changing it into different methods.

Release self-denial

This is a completely unnecessary chapter.

It will confuse people
1992 Liberation Method course was structured quite clearly.
Learn to release emotions, then learn to set goals for releasing them, then learn to deeply release desires, and then it's all about releasing desires.

1237 2020-09-19 21:37:03
@Wind , do you have
a streaming link?
(Regarding the 1992
Liberation Law)

Wind 2020-09-19 21:37:18
https://www.youtube.com/channel/UCmmo_TcBOHNVhk69_s-bOZg View the full video at
https://www.youtube.com/channel/UCmmo_TcBOHNVhk69_s-bOZg
arts
Releasing desires begins with releasing
the desire for control and the desire
for recognition, and only at the very
end do we begin to ask about the desire
for survival/safety.
However, I noticed that Larry did summarize some of the
teachings from Lester's audio, such as "get anything
simply by releasing" from "The Way ".
I just listened to Beingness again; it includes Lester's own
explanation of the six steps. I'll translate that one first.
Is Lester's account of his awakening
experience from one of these two audio
recordings , or is it a release?
[laughing emoji]
I should also focus on releasing [the virus/the virus].

I was on 2020-09-19 22:07:03
No, you have to translate. [facepalm]
Finally caught a whiz who
could turn the tables and fight back.
(2020-09-19 22:07:24)
Yes, release
those that can be
translated first,
then translate
them.

I was on 2020-09-19 22:08:13
I realized I really suffered from a lack of

information and took too many wrong turns. Over the past few days, our discussions have verified many of my own experiences and speculations.

Wind 2020-09-19 22:08:45

Actually, even with the information, I went astray and stopped for a long time.

[Facepalm]

Later I realized that I didn't really want freedom and hadn't made up my mind, so I stopped.

Just like Lester Levenson (The Sedona Method) said, I did this on 2020-09-19 at 22:09:44.

How many years have you been involved with the release method?

(Wind, 2020-09-19 22:09:51)

6 years I was on 2020-09-19 22:10:16

It's been over 8 years.

The promised three months [laughing emoji]

Wind 2020-09-19 22:11:15

He said I've never
managed to release it
continuously for
three months, not
even once.

I was on 2020-09-19 22:11:37

Me too

Wind 2020-09-19 22:11:53

always stop for various
reasons. (2020-09-19 22:11:56)

Look, there are only three or
four months left until the
end of the year, why not take
a gamble? [Laughing]

Go straight into seclusion

Otherwise, next year will be another year longer, making it nine years! [Laughing]

You released it really well; at the very least, you're the one I've seen who has the best grasp of Lester Levenson (The Sedona Method)'s theory.

indivual

I haven't met anyone better than me in all these years, and I always feel like I'm alone.

Even the release, I can't discuss or explore it with anyone; it's all because of what I taught.

Wind 2020-09-19 22:14:24

I've read a lot of theory, but my
execution hasn't been very good ;
it's been intermittent.
I had a few good
experiences , but
they didn't last.

I was on 2020-09-19 22:15:07

That's good. At least you haven't misunderstood these theories, because many group members always add their own things haphazardly, making things unrecognizable and illogical. As a result, they don't even understand the most basic concept of release.

Wind 2020-09-19 22:15:55

I actually only looked at the theory
halfway through to avoid being released
[facepalm], then I looked around again.

I found myself back
at that problem,
which continued to
surface.
All of Lester Levenson (The Sedona Method)'s later teachings pointed to this.
There was no escaping it now, so I just went to
have fun. My ego's inertia was too strong; this
is what Lester meant by " release." on the
surface
Release on the surface
Simply releasing emotions is like cutting tree branches. As long as the trunk remains, branches will grow back. Therefore, in Lester's release method course, releasing emotions is just an introductory step to getting a feel for it; the rest of the course focuses on guiding people to release the desire for control and the desire for validation.
I never truly release my
pent-up emotions; I'm
always very easily
"satisfied."
Once you've released yourself to a point where your thoughts and feelings flow smoothly and comfortably, stop and begin to "live a Zen-like life."
Until it was disturbed again

Just continued releasing [facepalm] Me
2020-09-19 22:24:29

Actually, I'm quite easily satisfied, but life doesn't allow it; there are pressures and challenges everywhere.

Furthermore, since my confusion remains unresolved, I've persisted because I have an extremely strong desire for the truth.

Want to see
Wind 2020-09-19 22:26:23

I have a knowledge-oriented personality and have read about Taoism, Buddhism (both Theravada and Mahayana), Christianity starting with Augustine's theology, existentialist philosophy, phenomenology, etc.

I can't find the answer.

There may be some in Buddhism

However, it didn't release the insights it brought me.

Because rational understanding and actual

experience are vastly different , I abandoned

all of these theoretical studies.

only research and release-related topics, and can directly guide practical release techniques. (2020-09-19 22:31:10)

My resolute release of emotions once led me into a state of profound tranquility. It was a very strong emotion; I persisted, refusing to follow it, stubbornly holding on, and suddenly I transcended it, entering a wonderfully beautiful stillness—truly, truly joyful, without any thoughts, just pure joy and peace. I didn't want to generate a single thought, because I realized any thought would disturb this tranquility. I stayed there for a while. Since I was at my computer, I shared my discovery with my group members. As we chatted, this state suddenly began to stir. I suddenly saw a waterfall, a waterfall of thoughts. I got closer and closer to this waterfall, my mind buzzing, and then suddenly I realized, wasn't this waterfall just like my previous state? Because those thoughts were so familiar, the very thoughts I often had in the past . Then, becoming increasingly familiar with these thoughts, suddenly, with a buzz, I was back [facepalm]. I haven't been back since.

Wind 2020-09-19 22:31:37

[powerful]

Your experience is more profound than mine . (2020-09-19 22:36:16)

That time, I discovered that every thought was dissipating energy and disrupting

this joy and tranquility. Even a happy laugh did. I could directly experience this process. Afterwards, I almost forgot about this experience, but now, several years later, the memory of it is becoming clearer and clearer. Many times, I feel that tranquility is only a hair's breadth away from me, as if I can feel that joy, but I can't quite enter it.

Wind 2020-09-19 22:38:27

Your experience is profound.
I can rationally
understand what you're
saying , but I haven't
had that experience.
My best experience was feeling like the world
was opening up to me and then experiencing an
automatic green light when crossing the
street.
As I entered the restaurant, a
thought flashed through my
mind about what I wanted to
eat, and the waiter
automatically brought it to
me.
This is the second time I've experienced a "miracle".

This happened twice,
with the message saying
today's event is free.

I was on 2020-09-19 22:40:56

I've also had two other experiences of entering into a state of love, where I suddenly entered a state of allowing everything. At those times, I was getting food in the company cafeteria, constantly practicing releasing emotions. Suddenly entering this state, I found myself incredibly joyful and connected with the two colleagues in front of me. In this state, no matter what they said or did, I felt incredibly joyful, a genuine, heartfelt acceptance and support. Their happiness made me happy, and I joyfully supported every expression they made.

I had another experience, which was actually quite good, while studying A Course in Miracles. I was stuck in a rut with my release practices, so I started learning A Course in Miracles. One of the exercises in A Course in Miracles says, "There is no place in the world that is dangerous." I was very confused. How could there be no danger? Does believing in God mean that God will protect me from dying no matter where I go? But something felt off; it shouldn't be like that. This doubt lingered in my mind, constantly bothering me. At that time, I was constantly troubled by various fears. Because I had released so many emotions and defenses, inner fears kept surfacing. Walking down stairs, I would imagine myself falling and dying; seeing water, I would feel like I would drown—it was all like that. A while later, I reviewed the exercise on this sentence again, thinking that if I explained this to my sister, she definitely wouldn't believe it, because she doesn't believe in these things at all. I shook my head and put down the card with the sentence written on it. In that instant, a voice suddenly appeared in my heart, saying, "I am God." And in that instant, I understood: because I am God, there is no place in the world that is dangerous! Because God is God, and the world is the world; they are completely different things. This answer was perfect. It was like a lightning bolt struck my mind, instantly transcending the death fear that had been oppressing me for so long. It was as if I had seen through all those fears at once. After this brief escape from the fear of death, my practice suddenly changed. I stopped releasing it. Because what was there to release? I am the Lord, eternally and infinitely existing, utterly unthreatened. It's like I'm no longer deceived by emotions. If you believe in emotions and fear, you can no longer believe that I am the Lord. But I am the

Lord, so naturally, so I cannot enter this emotional world of the mind . And so I experienced this miraculous journey for a while. [Laughing]

It was this certainty, this sense of entitlement, this immense confidence and experience that I am my true self that made my spiritual practice solely focused on the truth, completely indifferent to these illusory worlds. However, after a few months, I gradually emerged from this state. [Laughing]

But the experience of being freed from the fear of death in that instant was unforgettable; it meant that I was truly able to transcend and escape the fear of death, and that state truly existed.

Although it was only for a moment, it gave me months of affirmation of the truth. It all came from the bottom of my heart. I didn't need to do anything ; the emotions naturally receded. I didn't need to cultivate or release them at all.

The biggest benefit of these experiences is that they've kept me going until now. Although the process of releasing emotions has been intermittent, it hasn't stopped. These wonderful memories have been incredibly powerful in guiding me.

Because I have witnessed moments that transcend the mind, and such states truly exist, I might actually be able to achieve them.

The main problem was that confusion, it really confused me. I was going through a period where the fear of death kept popping up everywhere, troubling me for a long time. I kept trying to overcome it, to release it, but because I hadn't released these basic desires at the time, I couldn't let go. But I wasn't taking precautions either. I knew then that by guarding against the fear of death, I couldn't see it, so I kept trying to let go of any defensiveness I noticed in my life. Then I came across this sentence, which really struck and confused me: How can there not be a dangerous place in the world ? It was a blow to my beliefs. So I'm extremely confused.

Wind 2020-09-19 23:02:39

[powerful]
Having a true sense of self is
indeed a great source of
motivation; I personally have
never had such an experience.
Perhaps I've learned too much about
intellectual matters, which has ironically
become an obstacle, causing the confusion
and doubt you just mentioned.
I have never had
Because my mind will extract an intellectual
explanation from knowledge that meets my
requirements; these explanations come from many texts
of the past.
Theoretically very self-consistent and perfect
But I later found that
these things were useless
and did not help my actual
freedom.
I mean philosophical and religious
knowledge... not knowledge of
liberation rituals.
I always get stuck.

Sometimes it would
freeze for a very long
time, and then I
realized...
As long as I decided to release that desire to change the feeling of being stuck, I could continue.

Learning to release is quite important
A sense of certainty
and clarity will
support you on your
journey.

20 , 2020 : A video translating the 1992 release ritual and explaining its key points.

point

Wind 2020-09-20 09:58:06

the 1992 release law and translate it, but
I don't know how to add subtitles.
Anyone who knows can add it themselves.

It's too long, let me translate a few important parts first.

Many people in the group may need the help of these basic release techniques.

I just translated a passage from the first lesson of the 1992 instructor introducing the release method.

I'll translate the guided instruction process after I finish eating.

This section outlines several key points:

The entire course is presented in an experiential rather than an intellectual manner...

If you're unsure whether you're releasing, just keep doing it. You might not be aware of each release, but as you continue practicing this technique, it will become easier and easier until you're certain you're releasing...

…You may have learned many other things before, but please put them all aside for now. It's like walking into a movie theater; you clear your mind of everything you knew before and just follow the scenes. So, whatever you've heard or learned before, put it aside and focus only on what we're doing now. … Please open your workbook and write down what you want to gain from the course, and anything you hope to apply in your life.

Things to change and improve...

I deleted some irrelevant words.

This is why I say the Book of Abundance is structured more like Lester Levenson (The Sedona Method)'s Liberation Law Agency.

the workbook looks like (image omitted).

Although we can no longer find the original workbook , Larry's workbook still retains many elements of the original version if you remove the unnecessary additions.

This section explains the function of charts...

This section is about the gains The use of book ...

I tried my best to present all the information from the entire course, and I removed some repetitive guidance because...

The sixth step of the video is too long

In fact, the design of the Harvest Log tool was precisely based on Lester's Six Steps to Freedom, and it was indeed very helpful in practicing it...

That concludes the introduction.

The following is the tutorial... I've tried my best to recreate the tutorial process...

However, it's best to watch the video as well.

I've marked every pause in the video where the student stopped to reflect; the unmarked pauses were when the student immediately answered a question.

This is all I'll translate for beginners. I'll translate the later lessons when I have time.

I was on 2020-09-20 15:38:12

Allowing yourself to feel it is often mistaken for allowing the feeling to exist.

It seems that the Book of Saint Donas also writes this, allowing the feeling of wind to exist.

2020-09-20 15:39:36

"allow" option later. it to be here

This should be about releasing desires.

However, this is generally the case . you allow yourself to be more aware of your wanting approval or wanting to control

Can you allow yourself to become more aware of your desire for approval or control ? 2020-09-20 15:41:30

Does that mean we need to be aware of our feelings or desires ? 2020-09-20 15:41:53

Yes

I was on 2020-09-20 15:42:15

Here's what I'm thinking: if we allow feelings to exist, then why do we need to release them? That's a contradiction.

Alright.

Wind 2020-09-20 15:42:40

Using your brain is definitely wrong; many people have tried to think about this problem using their brains. The instructor said from the beginning, "Don't try to understand the question."

The so-called "allowing it here" simply means making you aware that you are allowed to see it.

Don't suppress it into your subconscious.

Following the course structure will make things much smoother. The first lesson has a few key points.

I suggest actually using that chart, and the harvest logbook really helps.

The important thing is to try to feel, to focus on your center of sensation (chest and abdomen), and then, when you ask a question, try to feel, rather than answering with your mind.

In addition, the feelings are traced back to nine emotional categories for release.

Neither Haier nor Larry explained the use of charts clearly afterward. I only understood it after watching the 1992 release method course.

Before this, my release was rather chaotic.

I first checked my emotions against an emotion chart before realizing that what I called releasing desires wasn't releasing desires at all.

Understanding your emotions is a crucial

first step .

Then allow yourself to feel

it, and let it leave Lele. 2020-09-20

15:55:29

In the past, whenever someone mentioned feeling emotions, someone would "correct" them, saying, "Don't feel them, just release them directly."

[Facepalm]

Wind 2020-09-20 16:02:37

Release still

needs to be

done ; it's

not enough to

just feel it

and follow the

steps.

There are some further explanations later in this lesson.

I think this is quite important, so

I'll translate it and show it to you guys, group

members . 2020-09-20 16:06:57

I feel like my emotions reside in my conscious

mind; if I don't feel them, they don't exist.

Does this mean my thoughts are wandering?

Wind 2020-09-20 16:07:18

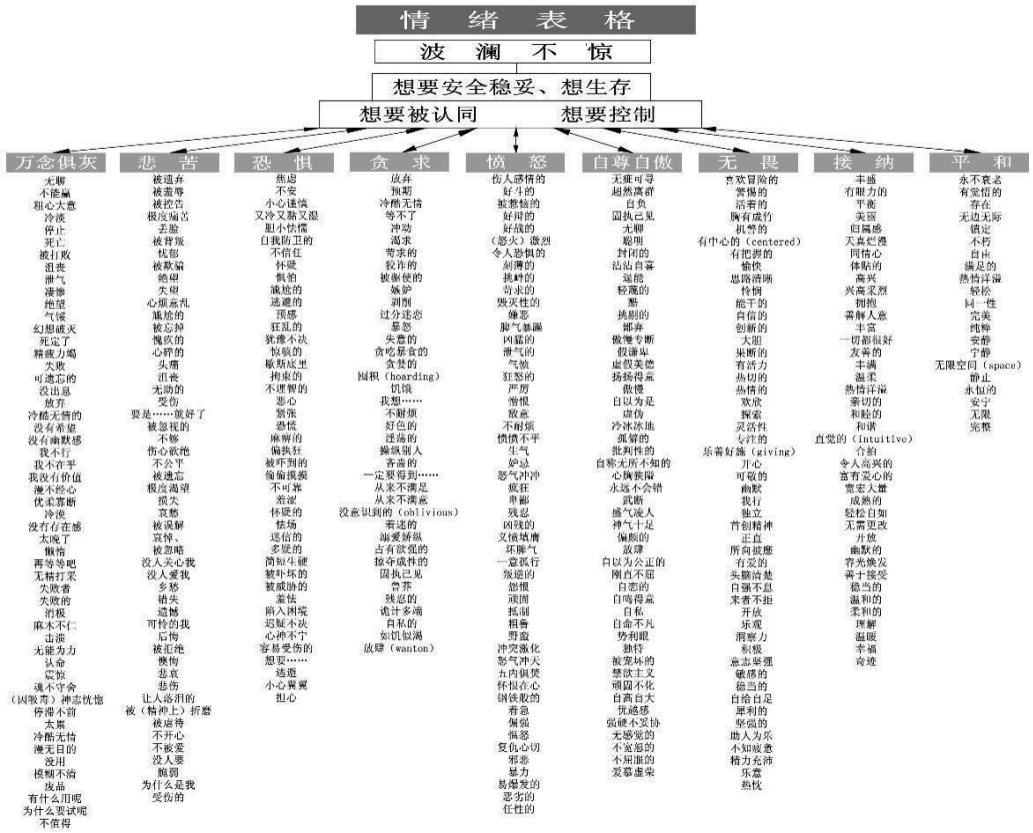
It started like this

Try to feel your center of

sensation, take it slowly.

print out this chart to

refer to it.



Huixuan 2020-09-20 17:30:43

@Wind ? Negative emotions reside at the upper levels. We don't need to worry about emotions at all; just release them, release them. After a while, positive emotions will naturally emerge, right?

Wind 2020-09-20 17:31:24

Yes

You don't need

to dig too hard. (Huixuan,

2020-09-20 17:31:33)

Sometimes multiple emotions are released at the same time.

Therefore, there's no need to distinguish between desires and emotions; when the time comes, the wind will naturally flow. 2020-09-20 17:32:17

no

If you crave a particular emotion, you are

resisting the emotion you are experiencing in the present moment; you are trying to suppress the emotion that is emerging.

Huixuan 2020-09-20 17:33:07

What should be the relationship between desire and emotion?

Wind 2020-09-20 17:33:39
the wanting motivates the feelings
This is what
Lester meant
when he said
desire drives
emotions.
You don't need to dig hard,
but you need to categorize and
recognize emotions.
Otherwise, with emotions mixed
together, it's difficult to release and
enjoy the music. 2020-09-20 17:34:54
you ask yourself a question, is feeling an emotion just feeling it?
When you let it go, is it just watching it go and not having to feel it anymore?
Wind 2020-09-20 17:35:56
Try to use your
intuition to focus
your attention on
your chest and
abdomen, and don't
overthink it.
Charts have helped me a
lot because I had
previously misinterpreted
emotions.
Huixuan 2020-09-20 17:36:49
@Wind ? For example, if something makes you feel fear,
humiliation, anger, or shame, just let it out—that's wind. 2020-09-20 17:37:21
Yes, but you should only deal
with one type of emotion at a
time, focusing on the top one.
You don't need to specifically seek out a
certain emotion, but you still need to recognize it in
your group members. 2020-09-20 17:38:06
Feeling emotions isn't about venting those feelings, right?
It's about looking at those feelings and asking yourself questions .
2020-09-20 17:38:24
of asking
questions
based on
feelings is as

follows

Sui Le 2020-09-20 17:38:31

@Wind ? My intuition is that when I let it go, I should watch it leave while simultaneously feeling my emotions. Can't I do that? Wind 2020-09-20 17:38:52

You're overthinking it, Huixuan. 2020-09-20 17:38:53

What about desire? @Fengfeng 2020-09-20 17:39:05

In the fifth video, I suggested not to rush things. If you don't have enough experience in releasing emotions, you won't be able to experience desire. I took a wrong turn before. I thought I was releasing desire, but later I realized I wasn't.

Group member 2020-09-20 17:39:44

If the emotions are too intense, what if you keep venting them and can't release them effectively ? 2020-09-20 17:39:46

Feelings are your feelings;
it's about holding on to them.
Letting go simply means
stopping you from holding on
to them.
Treat it as the energy you've grasped, and
then try operating Huixuan. 2020-09-20 17:40:51
There are many kinds of desires, so why did
Lester categorize them all into three types ? 2020-09-20
17:41:15
There are only three types of desires.
If you don't believe
me, just name any
desire and I'll tell
you what kind it is.
W~ping 2020-09-20 17:42:06
What kind of
guilt is it, Feng?
2020-09-20 17:42:22
Guilt is an emotion
Being in a state of grief
What drives this emotion is the desire for
recognition and the desire to control other group members.
2020-09-20 17:43:44
I think I'm starting to get the hang of it, but
feeling it doesn't necessarily mean experiencing it or venting .
2020-09-20 17:44:00
Don't force
yourself to
experience
emotions; it's
very simple.
Don't try to understand the
meaning of the question; it's
meaningless for the release.
So, just relax and operate
gently . 2020-09-20 17:45:36
Do you mean your appetite?
Generally speaking, this is an attempt to control
When you're starving to
death, the only thought you
have is to survive —that's

something you experience
directly.
Wanting to control means wanting things to
go the way you want them to. For example,
something you really dislike.
You want to change it
Or there's something you really like, and you want to possess it.
In terms of appetite, for example, when we eat something
delicious, we have a desire to control it . 2020-09-20 17:47:46
to feel emotional sensations (fear) in one's mind, with a buzzing and chaotic feeling in the head and between the eyebrows ?
Wind 2020-09-20 17:48:12
This is normal.
Actually, at first I
felt the same way you
did, all inside my
head.
Just release more.
The sensation
actually arises in the chest and
abdomen, accompanying the music.
2020-09-20 17:49:38

@Wind ? A stuffy
throat is probably an emotion.
Wind 2020-09-20 17:49:50
A feeling of tightness in the throat is a physical sensation.
Lester said that bodily sensations are an
expression of emotions . express) Huixuan 2020-09-20
17:49:58
Color, sound, smell, taste,
touch, and mental objects are all forms of
desire. @Fengfeng 2020-09-20 17:50:16
That is the six dusts
Don't confuse these concepts.
The six sense objects and six sense organs in Buddhism
When the "root" comes into contact
with the "dust," "consciousness"
arises from contact, which in turn
causes feeling; feeling causes
craving; craving causes grasping;
and grasping causes becoming.
The "craving" in the Twelve Links of
Dependent Origination is what we mean
by desire. Buddhist concepts are
complex, and I suggest not confusing
it with this.
The eyes desire to see more colors, the ears desire to
hear more sounds… This is the workings of ignorance and
craving. Craving, also known as greed, is called lobha in
Pali.
It's similar to what we
call desire; it's a
driving force.
But I still suggest not to confuse them...

Group member 2020-09-20 17:51:28
@Wind ? My brow is twitching. This is a feeling, not a release or an escape. It doesn't seem like the energy center in the chest and abdomen that everyone talks about.
My situation is also a
physical sensation, right ? (Wind)
2020-09-20 17:53:22
Pay attention
to the

sensation in
your chest and
abdomen, take
it slowly.
This is why you need an
emotion chart to pinpoint
your emotions.

Huixuan 2020-09-20 17:56:22

Emotions have emotion charts, making them easier to perceive.
Desire truly knows no
boundaries; wait for the fifth video ...

2020-09-20 17:56:56

Don't rush
Desire is something
you can perceive in group members

2020-09-20 17:56:55

@Wind ? I feel a blockage and discomfort when I
focus my attention on my chest and abdomen, accompanied by a very
mild case of leprosy. 2020-09-20 17:57:15

This is a physical sensation.
What are your
emotions? Search
the form.

Group member 2020-09-20
17:57:52

Fear and depression

Wind 2020-09-20 17:58:12

So which group member can you clearly feel right now? 2020-09-20 17:58:21

fear

风 2020-09-20 17:58:32
你能允许自己感受一会儿恐惧吗?群友 2020-09-20 17:58:35
沉重能吧
风 2020-09-20 17:59:09
你能放它走吗?
群友 2020-09-20 17:59:35
能
风 2020-09-20 17:59:41
愿意吗?
群友 2020-09-20 17:59:51
愿意
风 2020-09-20 17:59:59
什么时候?
群友 2020-09-20 18:00:08
不知道
风 2020-09-20 18:00:16
现在什么感觉?
有感觉释放了一点吗? 还是依然在那儿卡住不动?群友 2020-09-20 18:01:31
说不清楚啦好像是沉重和悲苦吧

Wind 2020-09-20 18:01:48

Continue with the previous process, allow yourself a moment to reflect, and then ask yourself three questions.

Group member 2020-09-20 18:03:33

It seems like I'm very focused when someone is giving me guidance, and it feels a bit refreshing.

It's easy to get confused when practicing alone.

Wind 2020-09-20 18:04:37

Are you still

feeling the fear from just now?
(Group member) 2020-09-20
18:06:20
There is a
deep wind 2020-09-20
18:06:39
Using charts, for example, was
very helpful to me in the past ,
primarily because many people
"don't feel anything" about
them.
Look in the table; you can usually
find that feeling and categorize it
into the nine emotional states.
After releasing, you can clearly feel your emotions shifting upwards.

Recording the release
technique in the "Harvest
Logbook" shows it to be very
powerful.
There is no need to use
other methods to weaken
it. He deliberately
demonstrated holding it
sideways, showing that
when all hope is lost,
don't rush.
Pay attention to the chest and abdomen area.
Then find your emotion in
the chart; there are many
repetitions after that.
As for the content, there
might be another section later
on. Actually, they mainly
guide people to release their
emotions. I just checked.
There's nothing important after that.
Basically, it involves students describing
their emotions about certain things,
followed by a series of guiding questions.
I can go directly to
translating the second video now. (Jing,
2020-09-20 18:47:17)

Wind. I have a question. For example, sometimes there are messages in a group chat that I really don't want to read. Is this considered disdain? How can I release that disdain?
Wind 2020-09-20 18:48:29

Not wanting to watch might stem from disdain,
impatience, or fatigue. You need to recognize
your feelings.
Once you identify a
feeling, categorize it
and then allow yourself
to experience it.
Then just repeat the
three-question process . 2020-09-20
19:00:50

By the way, there's

something I'd like to
mention that's also quite
important in some
theories.
What I'm trying to say is that they often use "powerless" to refer to apathy later on.
I also often feel that feeling utterly hopeless is a bit abstract.
You can understand it as "helpless" or
"unable to move". The video often uses the
words "apathy " and "powerless".
It is an emotional state
Indifference, numbness, stagnation,
ambiguity, and helplessness . 2020-09-20 21:00:16
While translating, I was essentially reviewing the
material again, and I felt I gained a lot. For example,
today I even noticed some of my own low moods that I
usually overlook.
Xiong Wei (xiongwei916132) 2020-09-20 21:01:52
There's something really good that I haven't had time to translate yet.
It's an American recorded interview with David Hawkins and a
release agency official about how he met the old man.
probably from the 1990s, is
very clear. 2020-09-20 21:03:26

I know that.
Hawkins' energy level
diss Lester Levenson (The Sedona
Method) in it ; I saw a clip of
him doing so.
That is to say, he later became an "evil guru
" and started charging fees. Hawkins was
originally his student.
I have a very good relationship with him
You see, Hawkins' energy levels are basically
borrowed from Lester's emotional scale . (Xiongwei916132 ,
2020-09-20) 21:06:16
He seemed to have an explanation for his fees; he
used to be free, but then people stopped paying
attention to Hawkins, and he became quite erratic, so
I gave up on him.
He was talking in a mystical way,
trying to gauge the energy level
of the person you were talking
about, like asking what level the
group owner was.
Hawkins started testing 100 200 300 400 500 600 500 550 530 , you're
really 530 .
superstitious

Wind 2020-09-20 21:07:30
Hawkins clearly copied
Lester Levenson (The
Sedona Method) , but he's
much more famous than
Lester Levenson (The
Sedona Method).

I was on 2020-09-20 21:08:05
There's also
this kind of operational
style. 2020-09-20
21:08:17
Don't just say Hawkins
does this kind of
thing, Larry does it
too, right?

Larry sold a measuring instrument

Xiong Wei (xiongwei916132) 2020-09-20 21:08:34

Larry does it
this way too?
That's measured
by instruments.

Wind 2020-09-20 21:08:46

They'll use brainwaves
to measure your
resistance level and
then make you buy a
measuring device.

The "Butt System " is a course developed by Larry. The term "butt" comes from Larry's quote of his teacher Lester: "Just sit and release, do nothing else, and you'll achieve your goal." The iCap Release Meter is a device that measures brainwaves. Wearing this meter during release displays the level of resistance. Releasing the resistance lowers the level, allowing you to monitor progress. In his lectures, Larry...

They frequently promote this measuring device and its benefits, but the Chinese translation omits these details.

I saw this article on your
WeChat official account . 2020-09-20
21:08:58

Forgive my ignorance, but things are so advanced abroad...

How much does that
machine cost? Can it be
imported so that every
member of the group can
test it?
I have a bold idea: let's use a machine to measure it, and then use Hawkins to measure it, and compare the results.

Xiong Wei (xiongwei916132) 2020-09-20 21:09:00
This is more reliable than what I've been repeating.
Her "butt success method" also requires you to buy something.
What is FCd ?
He also explained what that thing was for.
I remember once someone tested a pastor named Hawkins and got a score of 900.
Saying that person is
a god [smirk] is
really strange.
The old man never explained any
method from beginning to end; he
just told you to put it in.
It can only be said that he knew it was permitted.
He knew how they operated, but he hadn't experienced the process himself; he'd been through it all.

Wind 2020-09-20 21:10:37
Larry is quite fun too.
How to quantify resistance degree?
The old man said Sedona method
He just doesn't teach personally.
The release method course was designed by him.
However, to avoid trainees becoming
dependent on him, he never led the release
himself; he always had the instructors
lead them.
He said three weeks

I was on 2020-09-20 21:13:03
There must be a method. Lester himself said that if he had known the method earlier, his enlightenment would have been much faster. This method is the release technique.
Wind 2020-09-20 21:13:26

No, Lester clearly stated in his audio recording that the release method was a six-step process he created and that he himself described it.
The release method is also his

Xiong Wei (xiongwei916132) 2020-09-20 21:13:51
The six steps are his
But welcome,
accept, and allow
to leave.
Not mentioned
"Letting Go " has
been a great inspiration.
2020-09-20 21:14:14
Welcome to accept those who are not his

It was his
suggestion
that he be
allowed to
leave.
In the inside the way
This friend probably didn't read the whole thing.
The release method was mentioned many times in the later audio.
release
use the release technique
Wind 2020-09-20 21:15:50
Sedona was also mentioned. method
and allow it up and Go
also said that going to
your shit can stimulate
the shit to come out
before you can let go.
I was on 2020-09-20 21:15:47
@风 He's got a lot of talent, but he's too lazy. We've been waiting for him to translate something for months... Xiong Wei (xiongwei916132) 2020-09-20 21:16:16
Yes, but the steps
weren't explained in detail .
2020-09-20 21:16:31
That's an advanced course.
the The way is for Sedona A graduate of the
institute mentioned a video about the 1992
release law.
The courses set up by Lester Levenson (The Sedona Method)
These graduates learned sedona After the method , if they want to participate in advanced courses, Lester will come and talk to them.
Thus, the way

Xiong Wei (xiongwei916132) 2020-09-20 21:18:08
Actually, the book "The Road to Ultimate Freedom" is a
comprehensive collection of audio recordings, just
summarized and sufficient for most purposes.
There is no
specific method . 2020-09-20
21:18:43
Only early audio of "The Road to Ultimate Freedom" is available.
The audio recordings following his

invention of the release method do not include any recordings where Lester explicitly states that he systematized his method into a system called the Sedona method.

the way, the right path

There are some

Xiong Wei (xiongwei916132) 2020-09-20 21:19:39

"The Way" ? I searched for ages and found one, I even translated it, and the group admin also posted it.

A slight inclination towards that

wind 2020-09-20 21:20:59

No, I mean, Lester Levenson (The Sedona Method) in the The method mentioned in the story is from the Sedona Institute .

These are advanced courses, so they don't cover basic methods.

But he was in the Inside the way , they spoke with Hail, an instructor from the then-release law enforcement agency, who then led them... release

The background of this video series is an advanced course. That is, when talking about the right path to Sedona Institute graduates ...

He asked one of the students, "When did you take the course?" (Find this video series.)

This is a recording of Sedona from 1992 .

institute release method In 1992, when Sedona Institute was still Lester Levenson (The Sedona Method), Hale was his assigned instructor.

the In the story, Lester refers to Haier as a workshop. leader

I was on 2020-09-20 21:25:22

Is this woman also an instructor ? 2020-09-20 21:25:30

Yes, it should be a support/castin g mage.

Participate in the All the students in that advanced course had experienced "simply letting things fall into your experience by releasing them."

They all experienced the fundamental principle of "changing your mindset, and the outside world immediately changes," but their experiences were very different.

I was on 2020-09-20 21:26:25

Also, some sources say that several people were released into freedom. Is there any information available about those individuals? (Wind) 2020-09-20 21:27:56

There was a woman I contacted.

But I feel she doesn't have freedom.

There's a YouTube show where she connected with

someone online, but she
never talked about the
release method.
They're all Hindus, like that Shasan.
I haven't seen any free students come out of Lester Levenson (The Sedona Method) yet.

I was on 2020-09-20 21:28:48
One may have witnessed
the truth but not
necessarily achieved
complete enlightenment.
the wind is
still very difficult.
2020-09-20 21:31:05
Not necessarily
According to that Englishman
After awakening, you might
be more inclined to live in
seclusion rather than
become a teacher.

So some people may have gained freedom through the release law, but they have all gone into seclusion .
2020-09-20 21:32:06
wind
You will be free, wind 2020-09-20 21:32:26
I hope I can do that [laughing emoji]
It's ridiculous that some of his students sold his materials for money .
Larry's agency sends me ads every day.
Larry has passed away.
Last year (2019) or the year before (2018)

...The presence of this logo indicates that Haier became independent after establishing itself as a separate entity; you can tell just by looking at the trademark.
Haier does not
He frequently posts videos on YouTube but never claims to be free.
When Lester Levenson (The Sedona Method) was alive, many people said he was better than Hale. Lester Levenson (The Sedona Method) seems to have explained this.
He determines it based on a person's karma, not on who practices better.
Some people are suited to work in release agencies, while others are academically gifted but not suited for it.
One of the anonymous sharers was a British person.
Karma exists in the form of

habits. This is actually
the same in Buddhism. Haier
said he had no freedom.
During a YouTube livestream, he mentioned that he still had some stones.
The stone in my heart hasn't been released.
He used the metaphor of stones and sand.

Roller Coaster 2020-09-20 21:50:58

This book mentions that current release organizations primarily focus on guiding people towards improving their lives, but they largely fail to guide them towards discovering the truth and achieving freedom.

Look at the title of this book. It's about Lester coming to Earth in another form to preach about Lester. Levenson's Secret Comeback - Will I am - Karin Wettig.pdf [Grinning face][Grinning face] I bought this ebook for 40 RMB.

Wind 2020-09-20 21:54:22

Who wrote this book?

Roller Coaster 2020-09-20 21:54:48

Just karin wetting

Wind 2020-09-20 22:11:42

So this is where the story of Lester Levenson (The Sedona Method) dying of cancer originated... from the book that friend just shared.
Actually, I'm mostly no longer interested in these stories; there are more rumors than anything else.
I'd better release it.
Metaphysical matters cannot be resolved through debate.
I studied Buddhism before, and within Buddhism, people argue endlessly about practical application.
What's truly a waste of time is asking intellectual questions to gain approval from others; that's not good and doesn't help you at all.

September 21, 2020: Explanation of the release of wind on the target.

Wind 2020-09-20 22:32:36

Let me tell you something that happened today, though it's not exactly a verification, is it?
While playing the game today, I used my special ability before drawing cards, and then I had a fleeting thought: "Will I get a legendary card?" I ended up with two legendary cards and one golden legendary card.
I don't know if this counts as a miracle; such things are actually quite common in practice and often happen in small matters.
Hearthstone is doomed if something

big happens.

I was on 2020-09-20 22:39:14

Let me share a story shared by a member of our group. She had been saving money for a while, and suddenly one day a junior high school classmate gave her 30,000 yuan. He said that once at school, he had made a mistake that caused her to be scolded by the teacher, and feeling guilty , he suddenly gave her 30,000 yuan. This member happily shared this with me.

Wind 2020-09-20 22:39:20

This is very simple in terms of the release method.
Thoughts create the physical world, feelings drive thoughts, and basic desires drive feelings. In the Agflap program, you generate destructive thoughts.
My experience is that many things happen at just the right time , but that doesn't mean they're not operating in the subconscious.
Even if it doesn't surface, but is suppressed deep within you, it will still manifest in the tangible world. Thoughts are always active and functioning, regardless of whether you see them or not.
They say that subconscious thoughts also manifest; the only difference is whether you look at them or not.
Manifestation forces you to look at them.
Lester says that with each release, you become more free, relaxed, and efficient , so it's unlikely that releasing will actually make it harder for your wishes to come true.
My current experience is that after releasing stress, I do become more efficient at everything.

the way This matter was just mentioned in part 2.

He explained that the guidance was to do everything in a way that... perfection

That is, to obtain everything through release.

Striving for perfection in

everything, and achieving

success in everything, is

the path to advancement.

Qian 2020-09-20 22:49:09

What challenges did Lester Levenson (The Sedona Method) face during his three-month seclusion? The challenge of going for a run in the middle of the night.

Okay?

Wind 2020-09-20 22:49:26

There are challenges.

The challenge comes from intense,

dark emotions within , but those

emotions were always there.

It's just that

you refuse to

look or think

about it.

if you released your

feeling of lack of

control ?

It is more possible to gain control

This is the most direct feeling about freedom.

Let go of desires, and you

will feel guided by wisdom. 2020-09-20

23:02:28

Doesn't the release method have an emotional energy hierarchy chart?

How's your practice going? Experienced practitioners , @IamNo

Limited ? @Wind

Wind 2020-09-20 23:02:44

I played very badly.

It hasn't been released to cap yet.

There are often agflap

Wisdom's Guidance 2020-09-20 23:04:12

Was there no significant change in

emotions compared to before the release? (Wind)

2020-09-20 23:04:22

There are obvious changes

I think it was about
two years ago (2018),
that was my peak
period.
Later, I stopped
for a very long
time because I
didn't want to
release it.
I want to stay in that wonderful state.
Then those negative emotions
quickly returned , and I still
hadn't made a decision. Reaching
the final outcome in one go— I
didn't want to play anymore.
I've seen too much of this.
But I'm feeling really bad right now.
Because I had previously
experienced a relatively high
level of performance , falling
from that point has been
incredibly agonizing and painful
every day.

It's not that high; I think it's mostly within
the cap , but I know there's still a lot of
unreleased debris below.
I don't want
to look at
those things
from two
years ago.
After the release stopped, this relatively good state only
lasted a few months before I returned to my original
state, and my mind became very noisy again.
To use a crude analogy, it's like pigs in a sty; once they've eaten fresh
food, they no longer find swill delicious.

Already

Eating swill again is much more unpleasant than
when I didn't know there was fresh food
available. I always stop eating it.
But I've truly realized that the
mind is a garbage dump. Living your
whole life inside your mind would be
utterly miserable; it's all the same
desires and reactions over and over
again.
Very
procedural,
Lester
Levenson (
The Sedona
Method)
said 95%
95% of people in the AGF
hierarchy are said to "own
a state".
state of having

I'm referring to the mind.
You can also translate it as mind.
Lester uses the word "mind" to refer to the collection
of desires, emotions, and thoughts. Desires drive
emotions, and emotions drive thoughts.
According to Lester Levenson (The Sedona Method), emotions are survival.
programs

Survival Program
To survive, you developed these programs. Why are they called programs? Because they operate automatically in the background, driving your subconscious thoughts.
Thoughts are not free.
Driven by subconscious programs
For example, when you are in a state of anger, you will not be able to generate the thought of acceptance unless you release the anger.
Or, you can suppress it.
But the thoughts that arise after suppressing these feelings are not acceptance, but rather a sense of "helplessness" that you mistakenly believe is acceptance, which further suppresses your emotional state.

According to Lester, the only real power is the true self, and all of that power comes from you.
The power of a thought is something you give it yourself.

I'll stick to my original words: I memorized the text better.

You can flip it out directly.

"So what is a powerful thought? A powerful thought is a focused thought. The more focused the thought, the more powerful it is. A focused thought must simultaneously discard other irrelevant thoughts. The best way to have a powerful thought is to release your ego, release the feeling of 'I have this, I have that.' Then say, ' Yes, there is only one perfection, and this perfection includes this body.' Release the world, release your thinking, see your mind as your biggest obstacle. Whether you are aware of your mind or not, it is constantly turning. When you are not aware of it, it operates at the subconscious level. You train yourself to always think, your mind is constantly turning in thoughts. You give thinking too much importance. The importance of thinking is also unconscious, so it is difficult to release it. The importance of thinking is also the obstacle to your focused thought."

It's not that distracting
thoughts won't manifest,
but rather that you
counteract them with
opposing thoughts. For
example, you say, "I have
money." This thought was
originally supposed to
manifest.
But you immediately had the thought,
"How is this possible?" and you
cancelled it.
However, all thoughts
manifest, which is
fine.
I'll find the original text for you.

"The first step is to consciously control matter. Whether we realize it or not, we are always in control of matter. It's impossible not to be a creator. Everyone creates every day. The reason we are unaware of it is because we don't look at it. We manifest or create everything we have. Every thought, every single thought, manifests in this material world. If you think in the opposite direction after a thought, with the same force, that thought becomes ineffective. Any..."

If a thought is not immediately reversed or countered after it arises, it will manifest in the future.

Every thought, every single
thought, manifests; it's just that

you withdraw it yourself.

The sole function of the mind is to create.

"The creation we so diligently pursue is something we've always been doing, we just haven't realized it. All we need to do is consciously guide it. Everything we encounter in life is creation. If there's no thought beforehand, it won't manifest in reality."

The so-called cancellation means
applying equal force in the opposite
direction. I'm not playing these games
anymore.
this only as a
theoretical aid,
I'm currently
only practicing
releasing the
force of equal
power . It's very
simple; there's a
passage in my
autobiography...

"We should think positively. I often tell people , 'Give me the opposite of the negative thing you're thinking about,' and they can't do it. The difficulty lies in habit, but you can change a negative habit into a positive one. That is, give a positive thought more power than a negative habitual thought, and this will overwhelmingly kick out the negative thought. A powerful..."

A single thought can instantly banish hundreds of negative thoughts from the subconscious. So what determines the difference in the power of thought? That is...

It's the total amount of determination, resolve, or willpower you add to your thoughts.

resolve,determination,willpower
Determination, resolve, willpower
In fact, according to Lester, willpower is
something you can have if you want it, but
this only exists in early education.
There is a very clear dividing line between
Lester Levenson (The Sedona Method)'s early and
later teaching, for example...
Let me quote a passage.

Lester Levenson (The Sedona Method)'s early education particularly emphasized positive way
However, the release method is clearly a negative one. way
For example, there is another paragraph later.

A: Yes, it's necessary to do it this way from the beginning; it will allow you to progress rapidly. Then, after making some progress, you'll be even more...
There is motivation to do so. There are two paths to growth: one is to clear the mind, that is, the unconscious, and the other is to implant positive thoughts, to see clearly who you are and what you are.

Q: When you plant positive thoughts, do the negative ones still seem to have an effect?

A: Sometimes. But when you see your true self, you burn away the negative. You might say, " It's foolish to cling to pain and misfortune." You'll start burning it away. There will be inertia. If I say hot, you'll think of cold, won't you? If I say up, you'll think of down. That's the nature of thoughts. But that doesn't mean we've come to know our true nature.

The positive aspects of our being cannot eliminate the negative ones, because we are capable of eliminating the negative ones.

Look at these paragraphs
Lester Levenson (The Sedona
Method) constantly says that
there are two paths, one positive
and one negative.
However, he recommends positive.
This is the significant difference between early and late education.

Later, after the release system was established, he only mentioned "release

″ in his audio recordings.

Even in The Right Path , when a student mentioned his early advocacy of focusing on the question of ″who am I,″ he encouraged that student to let go.

However, this is the method that Lester most advocates in his autobiography.

″If you can raise and focus on the question ’ What am I ? ’ until your true self reveals itself , then that is the fastest way to achieve complete freedom. I still have time to meet with those who have done it. If you can spend 24 hours a day with ’What am I?’ and eliminate all other thoughts , then you can do it in just a few weeks. In any situation, whatever you are doing, you must always maintain this awareness behind your mind.″

Keep the question "Who am I?" in mind. If you can't do that, then the next big thing is to let go of your sense of self (e.g. , go to ...). When the ego disappears , what remains is the infinite you. If it seems too difficult to completely shed your ego at once, then start by releasing the effects associated with it—your tendencies , traits, likes, and dislikes. Everyone can easily release their inclinations and traits if they truly want to. As I mentioned before, start with small things and gradually work towards larger ones. Simple tendencies are like walking: you can change from walking on the right side of the road to walking on the left, or from sleeping eight hours a day to sleeping six. Habitual tendencies don't need to be completely eradicated; just show who's in charge for a short period. The tendency to seek approval is quite significant; everyone's attention is occupied in seeking approval. Everyone does this, which is a waste of time and energy. To put it another way, when you're seeking approval, whether you use the ultimate question, "What am I ?", or by releasing your ego , or by releasing tendencies, isolation is necessary ; you need to quiet down. Isolation can help you calm your mind. However, isolation is possible in any place, whether in a metropolis or anywhere else; I myself sought refuge in downtown New York City for [number missing]. 5 9 West Street 1 1 6 It is possible to grow daily through all our different relationships and encounters; we are here to grow, not to be tested. Here ...

This isn't a place for testing; it's a learning ground.

Therefore, in conclusion, I have come to the following conclusion.
The direct method taught by Lester in his early
days was too difficult for most people to use.
Therefore, Lester gradually reduced the difficulty until he created a release spell system suitable for everyone. Lester's final question was, "What am I?"
The so-called ultimate question is the
question that everyone will eventually
face. I don't care what that question is.
Because the methods I used for a long time in the
"Path to Ultimate Freedom" didn't work for me at

all.
Asking "What am I?" like a koan,
only to find that I'm not cut
out for it.
I'll just honestly
learn the release method. 2020-09-20
23:51:26
I've tried it, and it does help a little. It helps me
concentrate very well during meditation . 2020-09-20 23:51:37
That only focuses
attention and works at
the most superficial
level.
"Meditation that quiets the mind is good. Meditation that releases ego desires is even better. Meditation about 'What am I?' is the best."
Look at this part
The comfort that comes with concentration is
something I've experienced before when practicing the
Buddhist practice of Anapanasati, but that was like
"the surface calm of a volcano."

actually a form of suppression .

I was on 2020-09-20 23:55:19

One thought can replace ten thousand thoughts; when only one thought remains, one can witness the truth . 2020-09-20 23:55:35

I understand.

Just like in The Ultimate Truth, the mind focused into a beam of X- rays , of course...

Witnessing the truth freed my mind— I do rationally understand this.

But if I give up halfway, it's basically equivalent to repression, so for me, this is either repression or escapism, and I think it's better to avoid it.

Because Lester had stopped the students from doing this, he allowed them to continue releasing [their energy].

I am very cunning

Can't the release method reach the end? Why stop? If you're continuously releasing, why stop and try something else? It's simple: to avoid releasing.

Right?

I was on 2020-09-20 23:59:24

right

Wind 2020-09-20 23:59:26

Therefore, if the release is going deeper, we should continue to release it rather than changing the method.

I firmly believe that six steps can lead to the destination .

2020-09-21 00:02:26

Okay, I firmly believe in that too, and I will continue to release the wind. 2020-09-21 00:03:39

In later instruction, no matter what the students said,
Lester would circle back to that student who kept
saying, "I asked myself what I am ..."
Lester ignored her completely and continued talking about the release.
Therefore, when we look at early education and later
education separately, there is a clear difference in
attitude, even though the content does not conflict.
However, the early methods were not
systematic and some different approaches
were mentioned; later, only the release
method was discussed.
This was also what confused me, because
the information was quite disorganized,
and it took me several years to finally
sort it out.
Listened to some audio
Audio at different times

When I first came into contact with the Liberation Law, I encountered some "fundamentalists," some of whom even used "The Ultimate Path to Freedom" to oppose it.

They believe that the liberation method Lester described is the same as that in "The Ultimate Freedom".

I haven't read enough materials.
The Road to Ultimate Freedom frequently
asks, "What am I?" and also encourages
you to think positively.
Later, I listened to the 1992
Liberation Law course, which
explicitly opposed positive
thinking.
Saying this is useless
It's like covering a rotten
apple with a layer of good
apples to hide the garbage
underneath.
But the trash below is still there.
1992 release course was similar to
those of previous years; this was
considered a basic course.
I think that for true liberation, using this basic liberation course, along with advanced courses like "The Way," is probably sufficient.

I was on 2020-09-21 00:13:13

Authentic release
of the French style
2020-09-21 00:13:58

Those who previously researched the path to ultimate freedom now seem to have made no progress; this idea is simply impractical.
This is true, at least for most people.
I don't deny that there might be one or two
geniuses who can directly manipulate me, but I
haven't encountered any.
Actually, before I came across the 1992 release course, I listened to the... These advanced courses really want to revert to the basic courses.
I thought those things were gone forever.
So I looked for overlaps in Larry and
Hale's books. My idea at the time was
very simple.
The inconsistencies on both sides
should be the overlapping parts added
by the two people, which should be
what Lester taught.

After coming across the 1992 video, I thought it was amazing that the original version still existed.

Yiming2020-09-21 00:28:44

Everyone has different habits and temperaments; what suits you is fine, but whether it suits others or not is unimportant.

Wind 2020-09-21 00:29:08

Yeah, I mean if I can't use it, but there are some that can be used that I can try.
When I said it's unusable, I didn't mean it's completely useless, right?
I used to practice Anapanasati (mindfulness of breathing) meditation.
The feeling I get from asking "What am I?" is similar to practicing meditation , but the effect is not as good as observing my breath.
When observing my breath, I experience lightness, joy, and a state of concentration... all of which are the same feelings I have when I focus on "What am I?"

I can't lie to myself about this; I'm just
focusing on it as an object, but I can't grasp
the method.
So I 'll
just forget about it .
(2020-09-21) 00:33:09
What am I
doing? @Fengfeng 2020-09-21
00:33:20
This place
doesn't
have much
in the way
of
comfortabl
e living,
but it's
nice and
spacious.
Many such situations will occur.
Both Abhidharma and Yogacara
offer detailed explanations ,
but this belongs to the
category of Shamatha.
Observing the
breath makes it
easy to feel
relaxed, but it's
not yet time to
enter a meditative
state.
Entering samadhi is dhyana
Before this, one must experience
access concentration and
momentary concentration before
entering absorption
concentration.
This is what we
commonly call
meditation , but simply
practicing meditation
is useless; it focuses

on conceptual concepts.
There's a Buddhist concept involved
here, and I'll try to keep it simple:
focusing solely on reality prevents one
from entering into meditative
absorption.
Because reality is
impermanent (annica) ,
insight meditation cannot
lead to samadhi.
Meditation requires the mind to be
focused on an unchanging object,
which can only be a product of
conceptual thought.
The so-called conceptual method, in contrast to the ultimate method, means "indivisible" in Pali. That is to say, if you observe your body and mind as they truly are, you will find that your body and mind arise and cease in every instant.
At this point, it's impossible to focus on any one object, so it's impossible to enter a meditative state.
Therefore, practitioners of Theravada Buddhism are divided into two categories.
Samatha-Vipassana practitioners and pure Vipassana practitioners
The former cultivates concentration
through calming meditation, and then
practices insight meditation to attain
liberation; the latter directly
practices insight meditation.

Yiming2020-09-21 00:40:25
Is it the
observer, the
observed , or
the observer
of the
observer?
?

Wind 2020-09-21 00:41:03
Theravada Buddhism
doesn't discuss these
things; these are
things that Mahayana
Buddhism likes to

talk about.

Yiming2020-09-21 00:41:28

The Surangama Sutra
has already explained the wind.

2020-09-21 00:41:36

The Surangama Sutra is a Northern Transmission.

Seeing
one's
true
nature
as
unchangi
ng and
being
enlighte
ned is a
fault.

Yiming2020-09-21 00:42:18

The Southern Tradition is Hinayana.
The highest level of
cultivation is the Arhat's spirit.

2020-09-21 00:42:56

I've studied all of
these, abandoned both
Northern and Southern
traditions, and put
in the effort to
learn them all.
Now focus on the release method.
I learned some Pali in
order to study Theravada
Buddhism, but it was all
useless.
No need to understand
The long detour during the exploration period
To be fair, Vipassana meditation
is somewhat useful, but for me
it's not as useful as the release
of Dharma.
I tried many traditional and contemporary methods.
In the end, being very pragmatic, I
picked the one that worked best for
me and set the others aside.
When I used to talk about the liberation
method, I liked to draw on a wide range of
sources, but this time I had more to say, from
the philosophers of the pre-Qin period to
Buddha and Christ.

Later, it turned out that he had been adding his own drama to the story.

I will now discuss the release method using only the theory of the release method itself, and resolutely refuse to mix it with other methods.

I was on 2020-09-21 00:51:50

right

That's what I insist on too. Because I've seen many people who, because of their mixing and matching, end up making no sense with any of the elements.

untie

Wind 2020-09-21 00:53:00

Actually, I can make progress during Vipassana meditation , but that kind of progress isn't like the release method.

The release method allows you to know at every moment whether you are making progress; the feeling of release is so clear.

Emilie 2020-09-21 00:54:01

What is happiness? Simply put, happiness is being yourself. Not the limiting self you mostly play, but the infinite self you "are" and "have always been." It effortlessly manifests everything in your experience, while allowing the radiant, unwavering light behind the existence of everything. You might wonder, if this is true, why is happiness still so difficult, and why do so many books, including this one, discuss the topic of "happiness"? The answer isn't as simple as it seems. We play various roles throughout countless lifetimes, not our infinite selves. In fact, we become so engrossed in the limiting roles we play that we completely forget this is merely a journey.

A play, an illusion. We spend most of our time reinforcing the illusions we create, but rarely do we turn inward to free ourselves from the self-imposed, limiting illusions and gain true freedom. The illusion of "infinite existence" confined to a specific body and mind consumes enormous energy, which is why we often feel exhausted . We could use infinite energy to achieve happiness or discover our true identity; however, instead...

Yes, we use this energy to convince ourselves and those around us that we are limited and have our own problems.

Wind 2020-09-21 00:55:28

The translation is quite good. [Strong]

2020-09-21 00:56:33

I don't want to translate this.
Because it's obvious that Haier copied a passage from "The Road to Ultimate Freedom" and adapted it.
I have read this book
It's called "Happiness is Free and Within Reach".
Much of the content is from "The Ultimate Path to Freedom," so I filtered out the parts that Hale said were co-authored with Lester and lacked practical application.
The early courses were highly practical.
It is suitable for people who especially want freedom.
As for increasing positive thoughts, generally speaking, it will only have the opposite effect. This was specifically discussed in the release course.
Positive thinking covers up the emotions below.

I have two suggestions.
feel, don't think
Feel them, don't think about them. The second is to use an emotion chart to categorize and organize emotions.

Wood 2020-09-21 07:53:14

So many!
If this huge pile
You can just pack
it up and throw it away.
2020-09-21 07:53:38
OK

"Of course, another reason we don't want to see our subconscious is because it's all mixed up. One purpose of this diagram is to help you separate them. When you have a mind, a subconscious mind, you'd better organize it like this, just as your feelings are organized and function like this. Remove the fog from them, making it easier for you to become aware of what you're feeling right now, and then you'll start to know what to do. Now, if you notice there are many categories here: indifference, sorrow, fear, craving, anger, pride, fearlessness, acceptance, peace, in each category..."

There are many feelings associated with each category. What we're going to do in this course is to show you that when you become aware of whatever you're feeling in the present moment, it's not necessarily indifference, sorrow, etc. If you're not aware of it in this way, what you need to do is trace back...

(Trace) into these categories, the reason we do this is that every time you release a little bit of grief, you release all the feelings beneath it. So releasing grief is much more powerful than releasing these individual feelings.

When you trace this...

When you trace the following feelings back to this emotional category, and you release that category, you'll find you move upwards much faster.

> Categorization, this is retrospective emotion.
> Once you learn to release your desires, you can trace back to the source of desire.
>
> I won't mix these things up in my discussion.
> From a practical perspective, increasing positive thoughts is not a helpful way to escape; there are many other methods.
>
> The method in the second video
> Think about a specific situation where you suppressed your emotions, write it down, and release them. Then think about a specific situation where you expressed those emotions, and do the same.

Grateful for everything 2020-09-21 08:14:50

> Is the wind a handsome man or a beautiful woman ? 2020-09-21 08:15:34
>
> male
> I watched the second video again, but it didn't actually have much content.
> That covers the usage of the two pages of the workbook ; the rest is just long-form tutorials.

Wind 2020-09-21 08:25:51

The release method was indeed very simple at first.
identify the feeling. Feel the feeling. Could you let go? Would you? When?

I'll translate the fifth video directly.
The previous examples all illustrate the uses of a workbook, including setting goals, etc.
The fifth one begins to release desire.
Without setting goals, you'll push your desires deep into your subconscious; setting goals

is the only way
to bring them
to the surface.
This is different from what many people
understand.
A
superf
icial
'lack
of
desire
' is
not
true
lack
of
desire
; it
is the
result
of
suppre
ssed
desire
s.
well
You can find this emotion from the emotion
chart.

Has it changed?

The basic usage of the emotion chart is actually qu

itesimple;theprecedinginformationwasprimarily for beginners.

Even after becoming familiar with the concept of release, it all stems from the desire for control and the need for validation; the release course also emphasizes this point.

As I understand it, the preceding course structure is actually designed to help you become more emotionally connected, because most people tend to overlook their own emotions.

The repressed instinct is too strong So they use several methods to get you to notice your emotions.

For example,

Haier also gave an example at the end of the first lesson.
They say you have certai n peculi ar habits , such as a fondne ss for certai n foods or smokin g.
For example, playing games
There are emotions behind all of these.
Before you are driven by these habits, let go.
The second video is about suppressed feeling , and success
Asking you to consciou sly recall when you suppress ed your emotions is allowing your subconsc ious to surface.
Why are they discussing success?
Because people suppress a lot of emotions about the topic of ’success ’, the next video should be about goals.
G o a l s m a k e i t e v e n h a r d e r t o

avoidemotions.Iremembermanypeoplesayingthey haveenodesiresorwants.

But when asked , ″Is there anything you want to achieve? Is there anything you want to change? Is there anything you want to alter?″

He thought about it and realized there seemed to be quite a lot.
Upon closer inspection, it turns out that all of that stemmed from emotions.
So the importance of having a goal lies in bringing out those suppressed emotions , as Lester mentioned in the audio.
So the first

four videos
repeatedly
bring you to
the emotions
in the corners
of your heart,

and it's only
in the fifth
video that the
method truly
goes deeper.
Look at the "want" behind your emotions.

Huixuan 2020-09-21 08:52:12

@Wind ? I don't feel any sorrow or despair. I guess it's because you're suppressing your emotions too deeply, because you have to be strong.

Don't let emotions get the better of you

Wind 2020-09-21 08:52:23

Vague, stagnant
You can find these two feelings under "utter
despair" on the emotion chart; they are also
a state of utter despair.

Regarding goals, the fourth video
suggests writing down your goals (in
the present tense).
Then look at your goal.

Release your first feeling about the target
first feeling
Okay,
that's it,
it's that
simple.
Once you've released your initial
feeling, look at your goal again
and release that initial feeling
once more.
Continue until you feel
that the goal has been
achieved. Note the
emphasis on "achieved".

I was on 2020-09-21 09:01:45

@Wind ? Waiting for the target to be released; that video absolutely needs a detailed translation! [Facepalm][Facepalm][Facepalm]

Wind 2020-09-21 09:02:19

I've already reiterated almost
everything above; the rest is just
repeated guidance.
The original release
method is really simple.
I can translate their
explanation; mine is a
summary.
I've set goals and released them many times before.
I rarely set goals now because I've found that
there's nothing I truly want. Let me share my
experience regarding goals.

"Setting goals is a way to continuously release emotions. You look at the goal, and as long as you don't deceive yourself, a multitude of feelings like 'impossible' will arise. Of course, there will also be anger, sadness, and so

就是看着目标，冒出一个情绪释放一个
再看看目标，它有没有到“已经实现”的状态
如果没有，那一定是想要控制和想要被认同（情绪上是无能为力、贪求、愤怒、恐惧等等）
再释放最上面的感受
一个一个来
直到全部清空
我个人的经验是，这样持续下去，你会到达一个“我很自信目标能成功”的状态
但是这个状态不行 这
个状态还是要释放
这应该处于自尊自傲和无畏上下目

会做其他事情去

Then it naturally came.
This goal-oriented
process is almost always
effective and can be
started with small
things.
Lester said that if you can't be a winner, that sense of
defeat will stay with you, so once you set a goal, you
must achieve it.
Therefore, don't set the
initial goal too high,
lest it deter you.
Write down the lessons learned
from each success,
accumulating and releasing
momentum through achieving
small goals .
This will make you increasingly
adept at using the goal process . 2020-09-21
09:16:21
I didn't actually achieve anything through release.
But my promises always come true, yet
they sometimes work and sometimes they don't .
2020-09-21 09:16:38
I was the same before.
After listening to
Lester's audio, I
realized I had a
limiting concept.
"I can't keep pushing a goal until
it's achieved" is accompanied by
past frustrations.
Winner video , Lester said, "You have to be a winner, even if it's
just to trigger subconscious resentment."
That feeling of "frustration" and "I can't" shouldn't be held
in the subconscious for anything.
Because I noticed that at the beginning of the release
process, everyone was ambitious and wanted to achieve
their goals. However, due to an overly eager approach,
many frustrations accumulated halfway through the process,
leading to the realization that "being too fixated on the

goal can easily cause the release to become stuck."

Haven't most people had this thought?

Later I learned that this limiting idea was wrong.

What you're really saying is, "I can't achieve my goal," and "I can't" is a feeling of frustration.

apathy

Individuals, in the course of practice,

will invent many limiting statements

that Lester never mentioned.

Therefore, in the later audio recordings, I see Lester frequently correcting students' restrictive statements.

The idea that "goals will prevent you from releasing" is not actually true. It is your sense of frustration (feeling powerless) that is preventing you from releasing.

Goal setting is part of the Sedona method process; its purpose is to elicit hidden emotions and basic desires.

A person who truly experiences perfection and desirelessness is, of course, another matter entirely.

However, if you avoid the target and crave these things at the beginning of the process, you are not releasing it; you are simply suppressing it by not wanting to see it.

Lester's release method has developed into a very

practical, step-by-step system, introducing some

tools you might use.

The door has set a goal.

Target process

It is truth itself

The purpose of this tool is to bring your repressed feelings to the surface.
Once you gradually change this habit and release the frustration associated with your goals, you won't need to focus on them anymore.

However, it's important to "change what you cannot do and make it possible" by looking at the emotions behind your goals, tracing them back to the desire for control and the desire for validation. Simply let it surface, then let it go.
Repeat this process
These processes are designed to help you continuously release...
The so-called goal process is a way of arousing repressed emotions and desires in the subconscious.
If you are already in a very distressing

emotional state, and it's quite obvious,

then you don't need to try to release what

you can perceive.

Just release it.
Metaphysical discussions are actually not very helpful.
Once you release it, you'll clearly understand

what's going on— I mean, intell ectual issues .

Those questions are simply trying to fill in the gaps in your knowledge with a particular way of saying things. In the complete system of the release method, all problems can be solved through release.

To discuss metaphysics, we should say this:

No matter how many definitions we give to "truth," it is not...

By releasing it, and then experiencing it for yourself.

This is more effective than discussing it mentally a thousand times.

"The Ultimate Path to Freedom" is not necessary; it's a collection of early audio. I personally think the later audio is more important, as it's directly related to the release method.

Group member 2020-09-21 12:45:08

Wasn't *Ultimate Truth* written while Lester was alive? I saw wind in a love story. 2020-09-21 12:45:32

The Ultimate Truth" is the booklet.

Group member 2020-09-21 12:46:00

So, "Deciding Freedom" is also a kind of wind, right? 2020-09-21 12:46:19

The book "Determining Freedom" was written by someone else.

However, it was written based on Lester's oral account.

Love is the natural instinct of the true self , which is covered by "non-love".

Release those "non-love" feelings, and you will be able to love.

release the non-love feelings

Emilie 2020-09-21 15:23:22

Why does the feeling of "I'm not good enough" seem like an "indifferent" emotional state?

2020-09-21 15:23:43

Utter despair,
helplessness, and
indifference are one type
of feeling.
Let me give you a way to tell the difference.
According to Lester, these emotional states
represent different energies, depending on your
level of repression.
What is apathy ?
The translation is "indifference".
It means that I can't do it, I'm powerless, and no one can help me . 2020-09-21 15:28:41

So the only option is to retreat and ignore it.
If you feel helpless but long for someone to help you, that's grief .
If you've lost all hope of seeking help and only want to back down, that's apathy , or indifference.

care"

This is the clearest
original image I have,
because I don't know
who the photographer
was.

Wood 2020-09-21 15:35:13

Don't look for reasons
Just experience the
sorrow; analysis
avoids the problem.

Wind 2020-09-21 15:36:25

Not
analyzing is
the right
way to use
the poisoned
arrow
metaphor.

You've been hit by an arrow; the key is to pull it out.

of focusing on who shoots the
arrow and where the arrow comes
from is also valid.
Therefore, you initially
need the help of a table to
help you discover how you
feel at that moment.

Huixuan 2020-09-21 15:41:46

I didn't feel any emotion when I saw the form.
Seeing people heartbroken and unable
to move on, I always feel a sense of mockery .

2020-09-21 15:44:50

Mocking is a sign of self-esteem and pride
pride
Actually, you don't need to analyze your feelings too much.
Let's assume your current feelings are vague.
vague feeling
Direct perception is vague

A lot of things were moved on the ground.

To understand

Then, is it possible to simply let it go? Are you will

l
i
n
g
t
o
d
o
t
h
a
t
?
when?
Let's look at this vague feeling again.
If it's
still
there,
continue to
allow
yourself to
feel it and
then ask
yourself:
Can I?
Willing?
When?
L
e
t
'
s
l
o
o
k
a
t
t
h
i
s
f
e
e
l
i
n
g
a
g
a
i
n
a
n
d
r
e
p
e
a
t
t
h
e
o
p
e
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o
n
.
Until you feel an emotional energy dissipate and be released, a sense of clarity arises, and the emotion becomes clear.

The place no longer felt blurry.
This means you have released this emotion.
The process is simply about continuously experiencing it, going through the flow; there's no need to analyze reasons, no need

to force anything, no need to...

2020-09-22 Feng Translation and Explanation Way 2 and the 1992 Liberation Method Course 5,

Discussing a love story, discussing some people's attempts to distort the release law.

Wind 2020-09-21 21:48:18

I'm translating part 2 of "The Way ." There are a few sentences in this text that I don't quite understand, so I'm just trying my best to translate them faithfully to the original meaning.

Lester : "Don't do work halfway. You'll find that when a free person does something, whatever they do, they will do it perfectly naturally."

I can give it to you now . Every time I postpone it , you want to kill me . (laughs) I can always point out the things you 're doing that are keeping you on the wrong track .

The last paragraph I've translated so far, I really don't know what he's talking about. Student: So what are your actions?

Lester: How about using dogs to keep watch? Who can make them stop and say, "I'm a dog"? Why don't we put an electronic system there, a sign that says "Beware of Dogs," and when they walk in it, it breaks an electronic beam that makes a really loud noise. We'd have to find a real dog to record that…

Look at this next part... it's even more confusing.
I've heard this part many times, but I've never paid attention and always skipped it because it's more of a casual conversation.

Everyone was chatting idly and laughing.

“Okay , I think I can stop now, because I’ve already told you too much. Let’s keep it simple. Now I ’m telling you ‘who you are,’ and if you can’t do something about it, stop looking elsewhere and put yourselves into being…”

OK , I’ve
finished
translating
the rest; it’s
quite simple.

Today I’ve let go, and overcome a major hurdle.
It’s nothing, just the news of my girlfriend, whom I’d been keeping quiet for a long time, passing away.
When I think about it again, I can only feel warmth and love
flowing through me, without sadness or regret. This theme has
been released quite cleanly.
I’ve cried before, but not this time.

Sister YUYU2020-09-22 07:15:04

Directly releasing the fear of death is like cutting the weeds at the root; isn’t directly releasing this a way to achieve instant success? Can we start from this point?

Wind 2020-09-22 07:15:54

You can try it.
But generally speaking, one doesn’t
initially feel the fear of death at the very
bottom.
Anyway, I usually don’t see it.
Only after a long period of releasing the desire for
control and validation did it glimpse the release of its
fear of death, and thus become free.
it’s finished
Completed
Releasing the fear of death
eliminates the entire mind, leaving
only the true self.
There’s no need to

pursue anything anymore, Huixuan.

2020-09-22 07:34:20

@Wind ? Has it eliminated the entire mind? Is

it connecting with the true self or becoming one with the wind? 2020-09-22 07:34:46

You are your true self.

In fact, Lester Levenson (The Sedona Method) said it wasn't until his third month that he dared to confront his "old friend" of death directly.

Wind 2020-09-22 07:46:14

I'm currently translating the fifth video of the 1992 Liberation Method because many people are asking how to release desires.

"Next, we move on to the second phase . We're going to take the release a big step further . Up until now, we've felt our present feelings , tracing them back to indifference , sorrow , fear , craving , anger, and pride , as well as fearlessness , acceptance, and peace , and then letting them go . I'm sure you can see the tremendous benefits of releasing your present feelings . What we're about to do will greatly enhance your ability to release ; in fact , you'll notice your desire for validation."

The urge to control and the desire to be recognized suddenly arise, and in a flash (the instructor makes a quick outstretched gesture with both hands), it's gone . This is natural; letting go of the urge to control and the desire to be recognized is a very natural part of us—when you recognize them...

I was on 2020-09-22 10:20:17

Today, I've finally begun to see every thought as stemming from three fundamental desires. Thoughts about people inevitably involve a desire for approval. Thoughts about things inevitably involve a desire for control and change.

In other words, from now on, any thought in your mind can be released; it's like a loose thread of wind being released. 2020-09-22 10:22:34

It should be traced back to
emotions and desires;
tracing back to thoughts
might lead to some
problems.

Once you've mastered releasing desires, you can quickly become aware of them.

However, for newcomers initially releasing
their desires, it's not recommended to trace
them back from thoughts; instead, start with
feelings.

Because many people mistake repression for release.

For example, regarding the desire for validation, many people would act like this: "I no longer want validation," and then...

He then suppressed it.

I've only seen this situation before; it's very common.

Because

releasing
"want" is a
deeper form
of release,
but many
people do
it
superficial
ly, only
staying at
the stage
of mere
thoughts.
Therefore, I think this
process of first making
you aware of your
emotions and then
tracing them back to
your desires is still
necessary in the
release method course.
Asking newcomers to jump
straight from thoughts to
desires can easily lead
them astray. Once they
become familiar with and
release these desires,
they will naturally be
able to discern the
difference.
I've had this experience.
I used to frequently release
"desire" in my mind, but it
became superficial. I only
later learned to release
"want" more deeply and
directly.
That was
clearly a
deeper
release; I
could
experience it
before I
gradually
became
familiar with
it.
This is my personal
opinion based on my
own learning
process and
experience.
Of course, it's better if someone can use it directly.
I
think
the
Libera
tion
Method
course
has a
very
rigoro
us and
progre
ssive
system
.

There's no need to figure out too many
methods and make modifications on your
own; just follow the course outline
step by step.
The period during which I followed these instructions was the period in which I made the most progress.

I was on 2020-09-22 11:20:46
@Wind ? Note that directly releasing the three basic desires doesn't change the method at all; it's something that will happen naturally later . Lester should have provided a direct explanation.
For example, Lester directly addressed his three basic desires; he didn't specifically use emotional manipulation . 2020-09-22 11:20:58
certainly
In the sixth, seventh,
and eighth videos, it's
basically about
directly releasing
desires.
However, one thing is certain: you
need to feel the wanting and be
aware of it.
I was on 2020-09-22 11:21:49
Yes, you must truly feel that desire.
It's right there in our everyday lives, we just haven't noticed it . 2020-09-22 11:22:11
However, this process of experiencing it
cannot be skipped, otherwise it's easy
to go astray.
Lester mentioned that the release method is a method suitable for everyone.
You probably have a stronger innate talent that doesn't require these processes.
However, my ability to express myself was developed
through these processes and gradual practice, so I
know that if newcomers try to do those things
directly, they can easily get caught up in their
own thoughts. At that time, I couldn't even feel
anything in my chest and abdomen, or even in my
center.
Feeling in my mind
The sense of release this brought was even
less profound than the emotional release I

experienced before, and I knew I had made
a mistake.

Chen Yuling 2020-09-22 11:27:46

Yes, that's a question I've always wanted to ask. I don't feel anything in my chest or abdomen; it's all in my head. What should I do?

Continue releasing?

For example, yesterday I released my resentment towards someone; I didn't feel anything in my chest or abdomen, and my emotions were very stable.

The resentment was obvious, but I just didn't know how to release it. [facepalm]

I easily identify the three basic desires, but I don't know how to release them [facepalm] because I don't feel anything physically or emotionally.

Wind 2020-09-22 11:28:02

Pay attention
to the chest
and abdomen
area. Use it
more and
experience it
slowly.

You will increasingly experience the position of emotions

When communicating with different people, you need to speak at different levels .

When communicating with newcomers who have difficulty even feeling their own emotions, I can't mislead them with my own long-held experiences.

them

Let's stick to the curriculum. Can you feel the resentment?

If so, then feel it.

The chest and abdomen are just to help you experience it more deeply.

Chen Yuling 2020-09-22 11:31:47

Resentment is in the mind, separated by a layer.

Resentment should be categorized as a form of control .

2020-09-22 11:33:32

I suggest becoming aware of your desires through experience.

Because analysis doesn't actually help you become more aware of the analysis in your mind.

Chen Yuling 2020-09-22 11:34:47

The key is that during the release, one doesn't feel resentment . 2020-09-22 11:34:58

This is the key issue.

Therefore, all I can suggest is to try to feel what you're feeling, then ask yourself those questions and return to your feelings.

Try to feel it through your chest and abdomen, don't rush.

You should experience it once you keep doing it.

Furthermore, analysis is actually useless, because I've experienced this before.

I've analyzed the relationship between emotions and desires for a long time, to the point where I could even write a paper on it, but I still don't feel a sense of release.

His problem is that he can't feel emotions;

that was the initial
issue.
That is, you have
to learn to crawl
before you can
learn to walk,
and then you can
learn to run.
If one cannot feel how to release, how can one understand "the desire behind release"? First, one must allow consciousness to understand and experience what release is.
Let release become an experience that
can be understood through experiential
means, rather than just a concept.
This is what I think.

Chen Yuling 2020-09-22 11:39:30
Just to confirm, is that feeling between my chest and abdomen not a physical sensation? (Wind)
2020-09-22 11:39:53
It is
accompanied by
physical
sensations but
also by
emotions.

sensation Both and feeling [1] are available.

key parts of the instructions in
this video.
This is a release method that
you'll use later on; it's a way
to release basic desires.
When the release method course reaches the point of releasing desires, there are actually not that many questions anymore.

Xia Shan 2020-09-22 11:51:56

I tried releasing some tension this morning, and I felt a sensation in my chest and abdomen at first. Each time I did it felt like a cloud gathering and shifting a little. Later, I felt a tightness or blockage in my throat, but I didn't feel any significant release or anything else. Does this mean I felt something? [Facepalm] @Wind ?

Wind 2020-09-22 11:53:47

Let's continue with the process.
This doesn't really count as experiencing release.
Don't have too many imaginations or expectations, just do it.
When you experience it, you'll
understand what it's all about,
because I got stuck on the beginner
part for a long time.
Back then
Sometimes, trying to go too fast
actually slows you down ; it's
better to just follow the proper
procedures.

Lucky Star 2020-09-22 12:45:56

@Wind ? Is releasing emotions simply releasing fear and hatred? Is releasing desires about asking three key questions? What's the difference? Don't

Wind 2020-09-22 12:46:38

Releasing emotions means feeling your
emotions and asking yourself three
questions to release your desires. You
don't need to ask the last two
questions.
Simply allow yourself to become aware of your desires, and then let them go.

I was on 2020-09-22 14:41:49

Actually, I've been stuck in a state of anger for at least two years, but anger is very difficult to overcome because my anger towards my parents has been holding me back for a considerable period. Furthermore, I haven't focused on releasing my three basic desires, so the breakthrough has been extremely slow.

I only recently realized this. Then, I casually released the three basic desires under the anger level, and the breakthrough speed felt dozens of times faster than before.

I estimate it will soon reach the level of arrogance [laughing emoji] 2020-09-22 14:43:53

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[1] Sensation refers to the consciousness (physiological) generated by your bodily senses.

For example, you were sitting in the car, and the car wasn't moving. Then you said, " I..." got a sensation of Movement: You suddenly notice the surrounding trees moving, and at that moment you become aware that the car is moving. This sensation generated by consciousness can be described as feeling or sensation. Emotions arising from consciousness (psychological) cannot be described using the term "sensation" but only "feeling"

.

thousands of times accelerate
Releasing the desire for control and validation will greatly accelerate the process of releasing, provided that you have truly mastered it.
underneath it
Releasing the desire that drives your emotions will release all the emotions mentioned above; this is considered a deeper release method.
After you're familiar with the release process, you'll need to use this , and their program is a four-day course.
A week of weekend study to release emotions while looking at spreadsheets
Next weekend, we'll begin learning to release our "wants"—the desire for recognition and the desire for control.
Simply keep releasing these two "wants".

Zhao Jiaman 2020-09-22 15:21:46

The fear of not being able to survive is too deep and too painful. "The first thing we suppress is the desire to live as a body, which arises as the 'fear of death.' How does it develop into other feelings? If I gain everyone's approval, I am safe, I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that is control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to first deal with the desire to be approved and the desire to control. When you release those, in it..."

The underlying "fear of death" will naturally and noticeably surface, giving you the opportunity to release it.

All feelings develop in this way.
all feelings are survival programs

All feelings are part of the survival process.
Our parents are the first people to care for us, and if they don't accept us, our bodies will die, so they are also highly associated with the "fear of death."

Ju Ting 2020-09-22 15:55:01

I'm currently facing a bottleneck.

I know I need to release a lot of pent-up emotions in certain areas, but it seems like there's some force preventing me from facing and releasing those emotions.

Wind 2020-09-22 15:57:27

Resisting release
Resisting release
means releasing;
resistance usually
indicates a desire
for control, and
there are several
possible scenarios.
One is to want it to end quickly.
There are too many suppressed
emotions; rushing to release
them all will only create more
stagnation.

Therefore, releasing this desire for control
can free you from getting stuck on its
surface; you can perceive it.
The result of repression is usually like this.

Ju Ting 2020-09-22 16:26:58
@Zhao Jiaman? Did you release all the
emotions on the emotion chart? (Wind) 2020-09-22
16:30:49
This doesn't need to be checked during release.
In the process, the emotion
chart plays a supporting role in
helping you identify your
current emotions.
Ju Ting 2020-09-22 16:40:53
@Wind ? I did release some
emotions by looking at the emotion
chart before , but I didn't
repeatedly release the three major
desires [facepalm]
Wind 2020-09-22 16:41:33
That works too. Have you tried releasing the desire
for control and the desire for approval that lie
behind your emotions? In the original release method,
you initially only need to release these two
"desires." Then the fear of death will naturally
arise.
If you can see it,
you can release the giant court.
2020-09-22 16:42:49
I can see the fear of death when I release emotions
[facepalm]. For example, I especially hate it when
someone tells me that eating certain foods will make
you sick.
Wind 2020-09-22 16:45:36
What you're trying to control...
Desire is different from feelings; it's fleeting.
In other words, you only become aware of it, and
naturally tend to let it go. Of course, this
profound experience needs to be gradually
familiarized with.
I was on 2020-09-22 17:05:54

...The difficulty in releasing emotions stems from a deep-seated belief that emotional feelings are an integral part of oneself. One lives solely for emotions, and everything is driven by them.

Wind 2020-09-22 17:09:09

It's about feeling " feelings have me" or " I am the feeling".

Just like a pen, once you hold it in your hand for a long time, you feel that it's an integral part of you. Making release a normal part of your life makes it much easier.

Replace repression, become your first instinctive group member.

2020-09-22 17:20:00

@Wind ? I can't see any resistance or aversion in the emotion chart . 2020-09-22 17:21:29

Because of anger, you can resist something; because of indifference, you can resist something; because of pride and arrogance, you can resist something; because of sorrow, you can resist something; because of greed, you can still resist...

Therefore, resistance itself, in every emotional state, is categorized as a desire to change.

I was just talking to my friend about the three states Lester mentioned.
In the video, Lester uses an emotion scale
to categorize people into three states,
basically indifference, grief, and fear.
The defining characteristic of a state of being is equating happiness with possession; the more one possesses, the happier one is.
In this state, there is almost no energy to change anything;
life simply cycles in a circle. So-called successful people
are in that 5 %, which Lester calls the "state of action."
That is, most of the time one is in one of the four emotional states: greed, anger, pride, and fearlessness.

people

Less than 1% of people, whom Lester calls
"a state of being" —that is, people in a
state of acceptance and peace—are in a
state of being.
In the state of action,
people equate action with
happiness; in the state of
existence, happiness is
simply existing.

And this too.
This refers to "fearlessness".
When you're fearless, your " selfishness " is 50%.
Half selfish, half selfless
In the realm of fearlessness, the majority of the time revolves around how to protect oneself.

Wind 2020-09-22 18:07:34

I've seen a few Taiwanese teachers before, and their original creations are truly amazing!
I remember Wang Youhua, who translated the book
"The Power of Letting Go," created his own forum on
the Santo Dona Liberation Method, where he answered
questions.
He came back from a Haier
course, so everyone
regarded him as an
authority figure at the
time.

He said that you should first give the emotion a triple welcome, and then use three questions to combine the triple welcome with the release method.
Make it extremely complicated

I was on 2020-09-22 18:16:56
Evolution isn't
just a myth. 2020-09-22
18:17:06
also said that Buddhism was a degeneration from extraterrestrials.
Light and sound are born throughout the world
Yogananda is an enlightened being that Lester often mentions. In short, the Chinese spellcasting community is still quite chaotic; I fell into quite a few traps early on.
Many people use blind guides.
After the triple welcome, Haier also let loose and later stopped teaching basics.
Only the triple welcome and the various subsequent double welcomes are taught.

There is also the "whole-body release method".
To feel the whole of the present moment, etc.

Ranama Marharshi advocated for the concept of "Who am I?"
Lester mentioned these two people most often .
The other is Yogananda
The audio also recommended that students read
"The Autobiography of a Yogi," which I found
and read.

Triple welcome only weakens
the power of the release
spell; triple welcome will
still have the effect of
release.
But it won't go very deep.
Haier has gone astray. In fact, many students
have mentioned that Haier has gone astray, as
mentioned by students at Lester Levenson (
The Sedona Method).
For example, Stephen
He said that the changes Haier made actually
weakened the power of the release method. When
I was abroad, I always followed Haier on
YouTube and Facebook, and I would watch every
video he posted.
The methods used are becoming increasingly strange.
There is absolutely no trace of the release spell anymore.
Anyway, of all the release methods I've used so
far, the one Lester originally invented is the
most user-friendly , simple, and straightforward.
Without the concept of suspicion
Enough for self-growth
The six steps encompass the entire map.
This is how you exit from the six steps.
The six steps Lester described
are unchangeable; they are a
core summary of the release
method.
By following these six steps, you can achieve freedom.
Freedom is not possible
without following the six

steps; it is very simple.

In the right In the Path video, a student asked a question about the operation of "What am I?", and Lester simply ignored it.

Lester said not to stop releasing, to release your desire for control, and continued with the six steps. Lester clearly understood that this was escapism.

Later, all his teachings revolved around the release.

No longer talking about "what I am".

I divided the available audio files into periods, listened to them many times, and roughly figured out the changes in his teaching.

Lester's earlier statement, "What I am," was better than "Who I am."

Because when you say "Who am I?", you subconsciously think of a body.

The Road to Ultimate Freedom contains early videos.

My identity is
inaccurate,
mainly because
it was from
the 1960s .
After Lester Levenson (The Sedona Method) established the Liberation Law Institute, his teachings revolved around liberation.
Release , release , release
lets you release more often.
take the six step
Release according to six steps

Wood 2020-09-22 18:52:07
What am I? Knowing the answer is
useless, isn't it, wind? 2020-09-22 18:52:19
The answer from the mind is of course useless.
Lester Levenson (The Sedona Method
)'s early work doesn't ask you to
find answers in your head, but
rather to wait for your true self to
emerge.
I've used this method before.
It's similar to the "Anapanasati"
meditation I practice; it feels very
focused and joyful.
However, because I had experience with
Buddhist meditation, I didn't take these
things seriously. In the Theravada meditation
system, this is called "shamatha" (calm
abiding meditation).
That is, temporarily suppress your emotions.
Clearly, "calm meditation" is a high-level method of repression.
Theravada Buddhism clearly states that "meditation" is a form of suppression.
"The Power of Now" is mindfulness, which in Pali is samma- sati.
Maintaining awareness of the
four levels of body, mind, and
spirit are all methods that can
be effective.
of these methods were as
helpful to me as the
release method, so I won't

judge them .
Conservatively speaking, for me, none of
them are as effective as the release
technique. I don't really understand the
power of the present moment.
I have practiced Theravada Vipassana Mindfulness.

Qian 2020-09-22 19:00:56
To digress a bit, there's a place in Shenzhen called Non-Space, which already had 18 [units/facilities] by last year.
He's enlightened.
Wind 2020-09-22 19:01:45
18
enlightened
beings?
That's
incredible!
Among Westerners, I only
acknowledge Lester as enlightened;
I don't pay attention to the
others.
I won't judge who is
enlightened and who is not;
I've watched a few of
Tolley's videos.
I feel he's a good spiritual teacher, but I'm not
entirely sure if he's an enlightened being.
Enlightened beings aren't that common.

Xiong Wei, emerged in the West. 2020-09-22
19:07:43
Eckhart Tolle thought, "I can't stand myself anymore," and then
suddenly realized he had several [skills/abilities], and that's
when he had an epiphany.
He suffered for many,
many years . 2020-09-22 19:09:50
It's about detaching through contemplation.
That Sadhguru talks about these methods every day.
However, Lester's awakening was an instantaneous knowledge of everything
that was happening in the universe.
all — knowing , all — powerf u l , e verywher e I
've read quite a few spiritual and religious books,
but I only really connect with two people: the
ancient Buddha and the modern Lester Levenson (The
Sedona Method).
In methods like this, progress is
not as clear as with the "release
method." Sometimes you don't even
know if you've made any progress,
but with the "release method,"
every release is very clear. The
old man always talked about
methods, letting you see for
yourself; he rarely talked about
dry, pure theory.
Xiong Wei 2020-09-22 19:24:52
The old man gave you all the instructions for the
moon landing; see if you want to go. 2020-09-22 19:24:59
That is
The six steps make a complete map
Once I've decided on one path,
I've abandoned all others and
tried different methods; it's
better to unleash my potential
one more time.
If you release it once
more, you won't want to
change it anymore;
changing methods is
just escapism.

I was on 2020-09-22 19:28:35

It's okay to change methods; once you've changed, stick with it. Don't keep changing your approach . 2020-09-22 19:28:49

It's okay to change your strategy a few times during the pursuit phase, but once you've decided, don't change it again.

I was on 2020-09-22 19:29:14

And then what? There's another approach: don't change the method, but combine several methods together...

Misunderstanding

This is the stupidest thing.

The consequence of this is that there is no way to truly understand it.

Wind 2020-09-22 19:29:33

Mixing and matching is even more ridiculous than changing the method.

Mixing and matching means, "I'm smarter than the enlightened ones; I've thought of things they haven't. "

The improved method is actually more powerful than the original one.

Or perhaps they believe that what the enlightened one said is not the complete truth, and that they still need to piece it together with their own minds.

I was on 2020-09-22 19:30:42

Anyway, when I see members sharing things like this in the group, I usually can't argue with them, so I can only kick them out or threaten to kick them out to make them realize their mistake.

Furthermore, the release method is easily modified into other methods, such as the present moment method, the feeling method, the welcome method, the acceptance method, etc., but the release method is never truly learned.

During my spiritual practice, I also went through a phase where I felt that Lester hadn't said everything, that there were things he hadn't mentioned, and I started trying to create my own explanations to fill in the gaps. But I immediately realized this, because the more I released , the more I discovered that my so-called self-created explanations were wrong. The method of release cannot be changed.

Once you change what you created, you've simply fallen into a mental trap . 2020-09-22 19:43:34

started looking at English materials because there were too many problematic Chinese resources available.

hai 2020-09-22 20:00:55

Has anyone used Lester's awakening method, which involves asking oneself, "Can I transform this feeling into..."?

What is the feeling of love?

Keep asking, and either transform it into a feeling of love or let go of the feeling of wanting to change.

Wind 2020-09-22 20:01:40

Lester later explained in the audio that the effect he achieved was a release, but it wasn't systematic at the time.

He added, "I didn't have the six-step method back then, otherwise it might have been faster." He personally stated that the release method was better than that one, so there was no need to go back to the former.

Related to the spread of

Why are there so many Lester Levenson (The Sedona Method) "fundamentalists" in China? I think it's related to "The Ultimate Road to Freedom".

"The Road to Ultimate Freedom" only includes early audio recordings, and the focus of these early recordings differs significantly from that of the later ones.
This has led some people who only watched the early audio recordings to believe that Lester never discussed the release method , or even to use snippets from the early audio recordings to oppose the release method.
This is the result of not reading all the information.
In fact, his later audio recordings all revolve around the sedona method for releasing.
Keep saying this
Then it's take. the six step, and you will be free
This is also a high-frequency sentence.

hai 2020-09-22 20:08:07

Is it necessary to use the release method to sort out the key people and events in one's life?

Yeah, sometimes I want to clear out the junk in my subconscious quickly, so I try to sort it out, but the memories are especially painful.

bitter

Wind 2020-09-22 20:08:40

methods found in the workbook of the "Releasing Subconscious Emotions and Desires " course.

Write down where you seek approval and control.

Then release
This method is also somewhat useful.
However, I personally prefer what Lester said
in the advanced course about simply releasing
the feeling of being stuck there.
Once the surface is released,
the underlying material will
automatically surface and then
be released again, and so on...
This works
better and is
simpler for
me.

Zhao Jiaman 2020-09-22 20:11:32
@IamInfinite ? It's true that simply loving can lead to success, as he mentioned in "The Road to Ultimate Freedom," specifically in the section on helping others. I tried it, but found it impossible.
Wind 2020-09-22 20:11:54
The autobiography
mentions four paths;
all paths can be
categorized into four.

The four ways are the rational, which is the mental way? the scientific, which is the specific methodological way? the emotional which is the love and devotional way? and the active way, which is rendering selfless service to mankind.

这四种途径是：
理性的，就是心智途径；
科学的，就是特定方法学(methodological)的途径；感性
的，就是爱和奉献的途径；
以及行动性的，就是实践对人类无私服务的途径。

To reveal yourself, all you need is the desire to want and the right direction.
methodological
The scientific way
(specific
methodological
approach)
By conducting empirical
experiments step by

step, we can subdivide
these four approaches.
In fact, as mentioned in "The Ultimate
Path to Freedom," this classification
method was not Lester's original
creation.
Yoga originally contained
Jnana Yoga, Kriya Yoga,
and Bhakti Yoga, among
others.
The book "Ultimate Truth"
outlines five paths, and it also
includes the ultimate question.

Taking the same detour

However, "Ultimate Truth" is only an early collection of autobiographies, written in 1972.

At that time, the release agency did not seem to have been established yet.

My process of compiling information was fraught with detours, so I'm sharing these experiences to prevent others from making the same mistakes.

"Lester Levenson (The Sedona Method)'s Autobiography," "Ultimate Truth," and "The Road to Ultimate Freedom" are all watchable, not unwatchable.

However, do not use it to replace the release method.

I was on 2020-09-22 20:26:35

For the first book, I think I should read "A Love Story". 2020-09-22 20:27:30

This was originally
a summary of audio
files; I'll try to
find that audio
file.
I'll translate it when I have time.
What Lester Levenson (
The Sedona Method)
himself said is
actually quite similar.
I forgot which
audio it was; I'll
look for them one
by one.
Lester began by talking about his heart
attack, then moved on to his speech,
saying that giving a speech was a way of
expressing his freedom.
I discovered that my karma was like a rope burned to ashes; the habit had lost its power, but it was still there.

Son

The moment he realized it, it was
as if he pulled it, and it turned
to ash. This was mentioned in the
audio recording.
Very interesting
I later came across the book "Determining Freedom" on your WeChat official account, and discovered that it's actually based on Rice's...

Recorded from Te's dictation

It was polished into a written version.

I remember a scene where, in order to return to the world, he stared at the television screen trying to grasp the feeling. After a long time, he finally captured his first feeling and was extremely excited.

This is the process of him
rebuilding his mindset and
coming back, focusing on
negative words.
Staring at the TV

Actually, there were some confusing
points during the release process, and I
believe that those who actually practice
it will have encountered those doubts.
These questions were only resolved after seeing more information.
The earliest version of "A Love Story" that I read.
This book wasn't written by Leigh, but I've
always felt there were no problems with it;
it's very concise.
I once thought that some parts of
this book were descriptions because
they didn't quite match my
autobiography.
Later it was discovered that it was simply a difference in
perspective.

But I didn't know the
origin of these stories
until I heard the audio,
and then it dawned on me:
look, it mentions three
major desires.
Very clear
Solve one per month
It 's the same as what the
original release method teaches. 2020-09-22
20:45:15

Therefore, this book is the first book you should read when learning the Liberation Method, and it is the best.

I used to watch "A Love Story" repeatedly because I loved it so much. I could even recite it from memory; it moved and empowered me deeply.

Wind 2020-09-22 20:46:21

That book
is really
, really
good.
I never expected that the book I first read, the one
with no official documentation, would actually be the
most orthodox one; it truly was powerful.
Moreover, it's a compilation of
Lester's original words,
containing six steps.
He was happier than at any other time in his life, and he continued to correct things, feeling even happier with each new correction.
This is step six.

Moreover, beginners can learn what approval and control are by looking at that.

I've found that many people don't understand the concept.

After watching this, I'll naturally gain
a deeper understanding of these things,
and I quite like it.
Sometimes I imagine him letting
go of everything and releasing
it all at once.

I was on 2020-09-22 20:59:32

In fact, when you are confused, stuck, or feeling lazy, reading this book will give you renewed faith.

My heart is full
Wind 2020-09-22 20:59:51
Yes
However, I later listened
to Lester's audio
recordings ; some of them
were very inspiring.
Several parts of the way
the right path
beingness
keeping it simple
of "The Way" and "The Right Path" were the most
inspiring to me. the The first part of "The Way"
discusses directly confronting the fear of death.
"The Right Path" outlines six steps to achieve
freedom, including continuous release and keeping
it simple.
These are all post-production audio tracks; they give you a very clear sense of the road conditions as soon as you listen to them . 2020-09-22 21:04:59

It seems these audio recordings are all very important. 2020-09-22 21:06:32

I'll translate these few relatively important ones later, hoping to benefit more people.

Actually , I've already translated the first and second parts of "The Way ," and they're available on the group admin's WeChat official account. 2020-09-22 21:11:49

wind did you translate today? 2020-09-22 21:12:28

I translated Part 5 of the 1992 Liberation Act; there are still some parts I haven't finished translating.

The main content is actually translated, but I don't plan to translate the entire introductory section too long.

I translated two paragraphs of the introductory section.

I'm considering whether to translate another section; perhaps it's no longer necessary.

You can send this directly.

On September 23, 2020, chatting with the wind finally made me realize what being stuck is and how to release it.

This is a crucial step in initiating sustained release; the time is ripe to establish a teaching center for the Original Release Method.

Lele 2020-09-23 07:33:31

Every morning when I wake up, thinking about all the things I have to do that day makes me feel depressed and suffocated. What kind of emotion is this? And what desires are behind it?

Wind 2020-09-23 07:39:32

Want to control

You want to change this situation, you want it to go the way you want it to.

Wind 2020-09-23 09:14:01

Here's an insight I gained this morning: The more stuck you are, the more you need to release— release the desire to change—and then confront the feeling of being stuck. Otherwise, if you suppress it into your subconscious, it will keep affecting you, and you'll remain stuck.

Don't try to suppress it, but don't run away either. Just face the card until you release it. Don't do anything else to escape it.

Grateful for everything 2020-09-23 09:18:52

This morning, I took my child to school. It was almost time, and while the child wasn't in a rush, I was. Then I got a little angry, and I felt my emotions. I know this is my desire to control, and this is how I released it. Do you think this is right? Can I let go of the desire to control my child? (Yes) Am I willing to let go? (Yes) When? (Now) I keep asking myself, is this okay?

Wind 2020-09-23 09:19:15

Releasing desires doesn't require the last two sentences.

你问“我能觉察到想要控制吗？”然后你看着想要
控制
问“我能放它离开吗？”
如果不能，卡在那里，你就看看这个是不是想要改变（想要控制）觉察到这个想要控
制，你基本上就直接倾向于放开它了
于是你可以再看看你对那个情景是否有想要控制然后再允许自己
觉察它
问自己“我能放开它吗？”再看看有没有更
多
……

Just do it like this

If you're stuck, you must first release the feeling of being stuck, and release the desire to change. You can't keep resisting that feeling of being stuck indefinitely.

This is equivalent to pressing the accelerator and the brake simultaneously.

I was on 2020-09-23 09:23:38

What is stuck

[facepalm] wind 2020-09-23 09:23:53

It just can't be released.

If it can't be released, it's stuck.

stuckness

I was on 2020-09-23 09:24:40

I haven't had that feeling of being unable to release something in a long time, I don't even understand this anymore. What does it usually feel like to be stuck?

Wind 2020-09-23 09:25:37

紧抓感
感受像黏在上面一样不离开 或者下意识想要
逃开，不敢碰

These are all stuck.

We tend to do something else when we feel stuck, and then release the feeling once we feel less stuck.

put

I realized this was wrong.

As Lester said, this will repress it into your subconscious and let it keep

working in your head.

Wind 2020-09-23 09:31:01

Lester: Talk to the facilitator at the workshop, not me who took you there. Or you keep releasing the feeling of being stuck, and you see that when you don't release the feeling of being stuck, you let it continue to function, which causes you to remain stuck. You can see...

Is it that simple? If you do it, it's really simple.

I have gained a deeper
understanding of this passage .
2020-09-23 09:33:22

@Wind ? Because I didn't define the feeling of being stuck. That is, what feelings or desires arise when I release them? I release those feelings or desires. Even if I have the feeling of being stuck, I don't know it's a stuck feeling; I just treat it as a normal phenomenon and release it. So I don't understand this concept either. [Laughing]

> 风 2020-09-23 09:33:57
> 之所以有这个问题，是因为很多人在这里停滞不前
> stuck，卡住，停滞不前
> 凡是让你停下来的感受就是卡住的感受
> 而不是有一个特别的感受叫“卡”这
> 一点蛮重要

I was on 2020-09-23 09:34:23

One step in the six steps to freedom asks what to do when you get stuck? You need to release the desire to change what's stuck , and then you can continue to release.

Wind 2020-09-23 09:34:49

Yes, the six steps to freedom specifically mention this.

If that's the case, then I've experienced it quite a few times, with various reasons that made me want to stop , and I did release those feelings without overthinking them.

Another issue is that when directly confronting
the ultimate fear of death, most people get
stuck there.
Including those that are invisible or blurry.
vague feeling
Because you want to escape (run away) , a layer of vague sensation
is created on top of it— this is the feeling of being stuck.
To release the desire to change it, to release
this feeling of being stuck, you will be able to
see what lies beneath again.
For example, not being able to feel anything specific
about a particular topic is also a kind of "stuck"
situation. For instance, someone might say, "I know I want
to control something, but I can't feel it."
I'm stuck
there. 2020-09-23 09:39:52

This should allow for the flexible
use of various techniques to stimulate the wind.

2020-09-23 09:40:08

This is elementary way

Primary school method

Lester's approach to graduate studies is about releasing the desire to

也就是说，你是不是觉得这个感受太过模糊不清？你是不是想要
改变它？
释放想要改变它
这个模糊不清的感受就立刻清晰了

change the feeling of being stuck.

I was on 2020-09-23 09:41:20

If you have the desire to change what's holding you back, then releasing that desire is the best approach . But what if you don't?

Wind 2020-09-23 09:41:44

This won't happen.

Because when you want to

experience the fear of death but

you can't...

Because you want to do it but you can't.

If you look closely, there's something there that wants to control. Release the stuck feeling: See how much you want to change those things —— like I told you. Simply release the stuck feeling, or even the vague feeling——you might not even be able to see it because you're trying to escape it, or at least want to change this vague feeling —— whatever it is. Once it's gone, you'll have the ability to re-enter the fear of death.

That's what Lester Levenson (The Sedona Method) said.

Lester specifically mentioned the subtle sensations.

He

specifically

mentioned the

vague feeling,

the unclear or

indistinct

sensation.

When your feelings are unclear, you want to change them.

The method I'm describing is advanced; it's a very

in-depth approach, as Lester explained. Because

when feelings are vague, you want to make them

clearer; this "wanting" is the desire to change.

Once you become aware of

it, you can release it.

After releasing it, you

will become clear-headed.

Then you can see the fear of

death again , which I've

experienced many times.

It is indeed a post graduated way

More than using scenarios to evoke feelings in elementary The method is much simpler and more efficient.

I was on 2020-09-23 09:41:37

For example, right now, let's

experience the fear of death and try

it out on the spot.

Wow, I felt the fear of death!

[facepalm] It really worked!

[Facepalm] When I released the desire to change, the state of not feeling the fear of death, I discovered that this desire truly existed—the desire to change this state of not feeling anything. It seemed like this desire for change was attached to everything. But after releasing this desire, I truly felt the fear of death. [Facepalm]

The reason you couldn't feel it before was because there were things like a desire for change or something else attached to it, disrupting your perception. Once you release these things, you can feel it again.

However, if you don't pay attention to it normally, this desire to change something you can't feel can have a profound impact, even if it's very shallow and seems to have no effect.

I had never thought about it this way before. I just thought that if I became aware of it, I would release it. But if I wasn't even aware of this, how could I release it?

I found that *The Book of Abundance* provides too little explanation of the six steps to freedom. These crucial aspects are not addressed, or even if they are mentioned, their specific usage or importance is not explained, leading to a subconscious tendency to overlook them.

If it leads to a persistent freeze, the consequences will be severe.

Wind 2020-09-23 09:47:38

Yes
That's what I meant.
vague Feeling covered it up
This is a method that "The Way"
repeatedly explained, and it's also the
meaning of what I shared this morning.

Lester: Talk to the facilitator at the workshop, not me taking you there. Or you keep releasing the feeling of being stuck, and see that when you don't release the feeling of being stuck, you let it continue to work, which causes you to remain stuck. Can you see how simple that is? If you do it, it's really simple.

in the article is very
practical and is an
interpretation of the six
steps.
I listened to it many times.
I suggest you review this frequently and follow along with the steps. You'll gain many insights that support your progress—those are advanced methods.

When you can't feel
emotions, you especially
want to feel them.
This is what we want to change.
Once you realize this and
release it, you'll very quickly
hope it will help.
I then released it.
These things require continuous
experience to deepen understanding
; cards are my old enemy.
[Laughing]
When a feeling you don't want to face is about to surface, it will get stuck, as Lester often says in his audio recordings.

When you listen to audio frequently, your focus will be different.

Larry did say
something , but he
added something
that actually made
things more
confusing.
After adding it, people can no longer
access the simplest instructions . 2020-09-23 10:10:18
@Wind ? Yes, adding it will ignore the original content.

Wind 2020-09-23 10:12:28
I'll translate "the" today. right path
That article is over forty minutes long.

I'll translate it in two parts.

Lester's original teachings
were powerful, concise, and
to the point.
It will absolutely not make things more complicated or confusing for you.

Let happiness be like breathing 2020-09-23 10:15:05
There are still some pitfalls, which he repeatedly emphasized in "The Road to Ultimate Freedom".
He doesn't provide a step-by-step explanation; the details are hidden within his words, requiring you to extract and uncover the essence yourself . 2020-09-23 10:16:11
That was early audio.
The later audio explained it in an organized way.
After watching the later audio clips,
the earlier ones become much clearer.
I've repeatedly clarified this point
with many friends in China.
Because many friends in China believe that Lester has not presented a systematic approach.
Therefore, he distrusted the Liberation Method and instead tried to apply it by finding snippets of information in "The Ultimate Path to Freedom." In reality, the Liberation Method course was created by Lester himself.
Moreover, it has formed a powerful system.
The more I listened to those audio materials, the more convinced I became of the simplicity, completeness, and immutability of the liberation system.

Wind 2020-09-23 10:24:32
Group owner, have you ever joined a QQ group called "Eastern Affairs"?
If that's you, I think I saw you there two or three years ago . 2020-09-23 10:26:19
I was kicked out of that "Eastern Affairs" group because of something I said. (Wind) 2020-09-23 10:26:33
I remember you were there lecturing on the Tao Te Ching back then . 2020-09-23 10:27:51
Are you still in that Eastern group? (Wind) 2020-09-23 10:28:17
I 'm long

gone . 2020-09-23
10:28:37
[Laughing] That really is fate!
If I had shared the release method in the group back
then, you probably would have added me . 2020-09-23 10:29:02
Because the profile picture and name are the same.
So I wondered if it was
the same person . 2020-09-23 10:29:24
How do you remember so
clearly? [Laughing] Wind 2020-09-23
10:29:30
I have a pretty
good memory [laughing emoji]
2020-09-23 10:30:12
It's amazing how many unexpected encounters there are in life!

Wind 2020-09-23 10:31:18

At that time, the group leader debated with the group of scholars.
When you used spiritual theories
to explain the Tao Te Ching , I
thought you must be a spiritual
practitioner.

I was on 2020-09-23 10:34:28

[Laughing] Back then, I was quite fascinated by the Tao Te Ching.

Wind 2020-09-23 10:35:58

I once thought
Because I've seen many paid release
techniques courses that don't teach
the orthodox methods.
Therefore, I want to uphold the spirit
of Lester Levenson (The Sedona Method
)'s early days of free sharing and
establish a release law center.
So I have been releasing this goal all along.
We can set up a free teaching center later, just like Lester Levenson (The Sedona Method) did at the beginning.
Although Lester did mention in the audio that he initially offered it for free, few people received help, and then he started charging...

It will be helpful after that.

He explained that in this highly
capitalist society, everyone is taught
that money is the only thing of value;
I've heard that audio.
But I don't think Lester Levenson (The
Sedona Method) meant that a fee was
mandatory.
The key issue is, if you're going to rely on charging for "teaching others how to release," how can you expect people to believe it?

Believe that you can teach people to be abundant.

We can emulate the Goenka model.
Goenka Vipassana does not
accept external donations
and is free of charge.
Food and lodging are free during the Vipassana period.
It's amazing that this business
has been able to operate for so
long by only accepting donations

from students who have taken the
course.
Because the students benefited.
I think we can learn
from this model , and
they have legal
experts.
It is what is called volunteer.
Anyone who wants to help others and has
the time can apply to be a volunteer so
that this service can be operated.
It is also good to operate
solely on the desire to
serve others.
My wish is not to
make money, but
to better help
others.
operate in the current global capitalism way , from
teachers to students.
To staff
don't operate within this capitalist
frequency; they teach for free.

Students learn for free
The staff work for free out of a
desire to serve, creating an
atmosphere of mutual assistance.

Wind 2020-09-23 11:43:31

I just had a small realization: If you don't release the tendencies you use to escape (such as subconsciously maintaining control by looking at your phone or seeking approval by talking to others), then you will escape, burying the deeper things you want to escape underneath.

And this can be resolved with a single decision.
a decision
Decide to release this tendency
Often, due to inertia, we tend not to resolve
problems through release, but rather choose to
suppress them ; our first reaction upon discovering a
problem is to cover it up.
For example, my computer
just had a problem and I
couldn't open the files.
My first reaction was to suppress the urge to
control it and focus on figuring out the
problem rather than releasing the urge that had
already surfaced.
I consciously corrected it.

Yitian 2020-09-23 11:56:06

@I am Infinite? There should be quite a few people in the group who understand English. We can work together to transcribe all of Lester Levenson (The Sedona Method)'s audio.

The most valuable materials are still
Lester's own video and audio recordings. 2020-09-23
11:59:22

In addition to understanding English, one
should also be able to understand what Lester
is saying; ideally, this would allow them to
help translate documents.

I:
Yes, this is very important. Like that group member who translated in his way, the kind who would occasionally improvise.

wind:

That translation method is similar to the Geyi (格义) method used when Buddhism was first introduced to China.

The so-called "Geyi" refers to using the principles of Confucian and Taoist classics to examine Buddhist scriptures. Later, the monk Xuanzang deeply abhorred this approach.

I find it very misleading

I specifically retranslated many words again.

There are too many people in the spiritual community who add their own interpretations, so I generally don't argue with them; they say what they want, and I say what I want.

Once you've finished speaking, the audience will naturally be able to discern the truth.

A few days ago, while I was translating, a thought flashed through my mind: what if someone took my translation and went abroad?

What if I started charging for it? That wasn't my intention. Two years ago, I discovered that someone was selling my translated and shared materials for money. But after some thought, I decided to continue doing it, because it's good if even more people can see it.

As for others using it to charge fees, or altering and misleading others, that's unavoidable in this era. Everyone has their own karma, and I don't need to control it.

I was on 2020-09-23 12:18:35

I just suddenly realized why I was able to successfully release it every time I forced it before—it's because of the effect of the first step of the Six Steps of Freedom. I didn't try to release it to lock in the timing; I just forced it out [laughing emoji] . 2020-09-23 12:21:14

But releasing the one who wants to change Card ² might be more thorough.

Because sometimes people are unaware of their own desire for change. It operates behind the scenes, and by the time it's noticed, it's already on the surface.

September 23, 2020 : Explanation of the learning order of the original release method, the drawbacks of the stimulation method, and...

Detailed explanation of how to release the feeling of being stuck

Akane 2020-09-23 12:49:40

Feeling nauseous,
releasing pent-up emotions.
(2020-09-23 12:51:32)

Don't make
a fuss
over
things
that
happen
often .
Relax, it's normal to feel
nauseous during release. (Qian , 2020-09-23 13:14:37)

Thoughts are
driven by desires, right?
(2020-09-23 13:15:02)

Thoughts are driven by emotions,
and emotions are driven by desires.

What are feelings? Survival .
Programs are all survival programs.
These processes drive
the generation of ideas,
which manifest in the
world.

wind 2020-09-23 13:18:24
(Image omitted) This person
is Larry's student. The
release method he taught
was also modified by
himself. He kept asking,
"Could you say yes to it?
"
It should also have a
release effect, but
this method is a
modified version and
easily leads to
confusion.
Questions are a reminder, a process.
To avoid confusion, we will proceed through a process.

---

[2] Double stuck

Experience of liberation
Then gradually get used to the experience of release.
allow it up and go
Yes, just like riding a bicycle.
Once you've mastered
balance, riding is just
a matter of paying
attention to the
release technique
course.

"The entire course is presented in an experiential rather than intellectual way, so when you sit in this classroom or at home watching the tapes, please try to feel as much as possible, rather than think. Focus here (the instructor places their hands on their chest and abdomen) when I ask you, 'What are you feeling right now?' See if you can focus on feeling this part of your body. Of course, if you don't feel anything in this part, don't worry. The whole course is designed to help you connect more clearly with your emotions and learn how to let them go."

"If someone gives you a book that tells you how to ride a bicycle, but you've never actually ridden one, I believe that even if you read the book, you might still fall over because you can't control your balance. Riding a bicycle is also an experiential thing. Just like when you ride a bicycle: you learn how to ride, then you get on it, and once you find your balance, you really don't need to think about it anymore; you're just riding it. The same thing happens when you use this technique. The more you do it, the more you grasp the essentials, and the more natural it becomes. You just get on the bicycle and keep riding. So what's going to happen is that even if you have to think about it a little at first and manipulate yourself a bit, as you keep doing it, you'll find it gets easier and easier."

These are all things covered in the
1992 Liberation Method course. The

Liberation Method only has two
things.
How to be in touch with your feelings (wants)
and let it go
It teaches you to connect with
your emotions (then desires) and
then let them go.

"The more you practice this technique, the more you'll gain. You won't always feel release immediately. Sometimes you might be practicing the technique, knowing something is happening, but you're not sure what it is. In fact, about a year ago, there was a student who attended the course and practiced for a long time, but when the course ended, the last thing she shared in class was: 'I still haven't successfully released even once. But I hadn't slept well for twenty years, and after the first day of the course, I slept well.' Then she gradually gained other benefits and received all the benefits of the course. So if..."

You may not be sure if you are releasing, just keep doing it. Because you might not be aware of each release, but as you continue to practice this technique, it will become easier and easier until you are certain you are releasing.

wind 2020-09-23 14:07:06

"Furthermore, the release is achieved through a series of questions that may not seem particularly special at first. But as you continue to follow along, you'll see that these questions evoke a lot of feelings as I ask them and as you practice. These questions are designed to give you a release experience; they don't need to be understood at the beginning, and in fact, you won't understand them at first. But as you're willing to keep practicing using these questions, you'll find that you use them more and more easily to release."

Let's review the first lesson together.

接触到感受，然后有意识让它离开
释放法的具体方法里，不推荐用念头去追溯因为它可能让你
在脑中想象
好处/坏处练习是有的
但是莱斯特称之为elementary way
释放的小学方式
你喜欢这个，你不喜欢那个

ZOEY 2020-09-23 14:15:47

Oh, you mean the beginner's version? Is it an auxiliary release method, or is it simply about letting emotions (desires) surface and then letting them go?

wind 2020-09-23 14:16:09

It's to help you
become aware of your
emotions because most
people are too used to
suppressing them.
So they designed some processes to help you
evoke repressed emotions, which include:
Advantages
,
disadvanta
ges,
goals,
processes,
etc.
Anyway, both Lester and the release method course have said that

releasing the desire to control and the desire to be recognized releases all the emotions on the emotion chart.

The As mentioned later, "By releasing something, you become free."
only one The
theory of the fear
of dying is
actually quite
simple: it's about
wanting to
survive.
Lester said he wanted to survive, or rather, he was afraid of death.

Zhao Jiaman 2020-09-23 14:23:50

@wind?the fear of Is dying the same as the desire to survive, or are they related? (Feng, 2020-09-23 14:26:14)

Lester: What was it last time? Okay , the first thing we suppressed was the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I am safe and alive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the " fear of death" at their core will naturally and noticeably surface for you to release. But I think you have already released...

Having enough desire for recognition and control, one can launch a direct attack on the fear of death.

See that article way 1
It has everything

I 2020-09-23 14:25:08
What is the graduate program method that Lester Levenson (The Sedona Method) mentioned? (2020-09-23 14:27:07)

Lester: OK, this is one way to guide someone to release. You release to the wall, do you like this color? Do you not like this color? So you're telling me that she used a process and then it worked.

Lester: No, you're confusing me now. So now you're going down, down to the elementary school level of release. I'm trying to keep you at the graduate level. I'm taking you out of middle school, high school, college, and then putting you at the graduate level. Release the feeling of being stuck, see how much you want to change those things—like I told you. Just releasing the feeling of being stuck, or even the vague feeling, you might not even be able to see it because you're trying to escape it, or at least want to change it.

A vague feeling—whatever it may be. Once it's gone, you're able to re-enter the fear of death.

only release the stuckness

Let me explain what this means.

比如说，你找不到情绪，就是卡在那里了卡在那里的时候
，你会想要去激发
就是说，你认为当下这个情绪不是情绪你想要改变这个
感受
所以才想要激发
但是莱斯特的意思是，只是释放卡在那里的感受持续释放
因为激发等于是绕开了
等于你绕开了此刻拦在你面前的那个感受

watch "way" several more
times. (2020-09-23 14:29:26)

The release speed will be off the charts.

This is not mentioned in any of the books.

It's like I just understood what you meant; I didn't understand it at all this morning.

wind 2020-09-23 14:30:14

I didn't understand it
on the first try
either; it involved
continuous practice
and listening.
The "continuous release" in the
six steps means, literally, not
stopping.
the right The path states that "there is no
stop in the six steps," which is Lester's
exact words.

他里面那个 vague feeling 对我启发很大就是你如果感
受到模糊不清的感受
不要试图让它变得清晰
而是要看到你想要改变这个模糊不清的感受然后释放想要改
变
这个窍门对我帮助很大
仅仅释放卡住的感受，或者甚至是模糊不清的感受，你可能甚至无法看到它，
因为你试图逃避它，或者至少想要改变这个模糊不清的感受——不管它是什么。
他这句的语气加重了 only
only release the stuck feeling or even the
vague feeling

leaping flames 2020-09-23 14:32:24

@Wind ? Are you saying
target release is bad? Wind
2020-09-23 14:32:47

no
That's just how you get started.
That's a process that helps you access your subconscious emotions.

I 2020-09-23 14:41:04

In other words, continuously releasing the blockage means only releasing the emotions and basic desires within your heart in the present moment, and then bringing out the underlying fears. It means not thinking about anything or anything in the present moment, but simply being aware of what you feel in this moment, and then releasing the desire to change, and then going deeper.

That is, purely heading straight for the fear
of death, ignoring everything else. (2020-09-23 14:41:20)

Um

You see, this is how it works in six steps.

The six steps are a complete summary of the release method.

Group members 2020-09-23 14:41:44

Is it releasing the stuck feeling, the vague feeling, or releasing the desire to change that feeling? (Wind, 2020-09-23 14:41:58)

Unleash the desire to change

Then release the desire behind that stuck feeling.
Keep releasing the desires that are stuck there until
the deepest "fear of death" surfaces, and then you can
directly confront the "fear of death".
Is "The Way" an
advanced course?
People who come
here are all
pursuing freedom.

I 2020-09-23 14:44:48
Is this for real? Is it really possible? [Facepalm][Facepalm][Facepalm]
In the Chinese materials I've seen, at least, this is
absolutely impossible; it's truly unheard of.
I used to think, "If only I could
directly experience the fear of death!"
Turns out, there really is such a
method.
In other words, there's no need to struggle with the situation or even with your thoughts anymore; you can directly release the desire to change the bottleneck and go straight for the fear of death.

wind 2020-09-23 14:46:01
When I first listened to
the audio, I was quite
shocked; it clarified many
misunderstandings.
Once the fear of
death arises, focus
on releasing it.
Lester said, "You'll be free in one or two weeks."
The preceding time was spent clearing away the roadblocks covering your fear of death (the desire for recognition and the desire to...).
control)

I 2020-09-23 14:48:43
In fact, at least in theory, it makes perfect sense. Emotions, feelings, and desires are constantly at work, even if we are unaware of them. If there were a way to release these emotions, desires, and fears directly into the subconscious, without having to try to project them out through various means, wouldn't that solve the problem?

wind 2020-09-23 14:49:01

This is what I'm sharing.
Most people probably
can't understand this,
because I didn't
understand it when I
first started; it took me
a long time to grasp it.

ZOEY 2020-09-23 14:49:55

I unintentionally released this feeling just now, and I'm a little unsure what it is. It's just stuck there, so I released this feeling of "wanting to figure it out," which is why I was stuck. Then, naturally, the desire to "control" surfaced, and the release accelerated.

wind 2020-09-23 14:50:10

Yes, that's how it's done.

I 2020-09-23 14:50:30

It's only when these fears and desires are projected onto something and cause conflict and reaction that we become aware of them. Now, we don't need to go through these things; we can just go straight in.

wind 2020-09-23 14:50:31

Later on, you won't need to specifically seek out emotional release; the surface layer that's blocking it won't be there at all.
The fastest way is to release them one by one as they arrive.

I 2020-09-23 14:51:18

If this method really works, for a seasoned player like me, the speed will skyrocket. Enough said, I'm going to try it out! [laughing emojis]

I discovered that my method was the same activation method that Lester himself had used to awaken; I never expected that he had improved upon it.

[Facepalm][Facepalm][Facepalm]

wind 2020-09-23 14:51:36

Yes, it will be very in-depth.
That's how I released myself that time I locked myself in the door.
If you keep releasing it, the fear of death will naturally surface, giving you a chance to release it.

What was it last time? Okay, the first thing we suppressed was the desire to live as a body, which arose as "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first. When you release those, the "fear of death" at their core will naturally and noticeably surface for you to release. But I think you have already released enough of the desire for approval and the desire for control to launch a direct attack on the fear of death. Do it, keep doing it.

When you get stuck, use the "what to do" process in this method to release the desire to change the feeling of being stuck. If it's a vague feeling, then release the desire to change that vague feeling. Once you release it, you can attack that feeling of fear of death again. Initially, a small release of it will allow you to move to a state where you can recognize and realize that "the fear of death is merely a feeling," whereas you are currently equating it with actual death, which is why you are not allowing it to come out. If you don't equate the fear of death with death itself, you can let it out, and you can be free in about one or two weeks. It struggles to push itself, wanting to come out, wanting to leave, so it is one of our most repressed feelings. You have done an extremely beautiful job of suppressing it and keeping it at the bottom. So last time we focused on releasing the fear of death for the first time , I usually avoid it because most people don't release it smoothly; they get stuck on it. But I think you are ready, and if you are as determined as you say, you will allow those feelings of fear of death to surface, allow them to leave. Did you notice the word "allow"? That's it.

That's how it happens. You no longer keep it underneath; you allow it to surface and leave. Because it's also constantly...
Every repressed feeling tries to push itself up and out. So when you do it, it's very easy ; they rise and fall like waves until the waves stop, and then you're done.

Come on,
let's
review this
.
Take a close look at this
passage; the old man has made it
very clear that the release
method course is to teach you how
to release.
So this is how it's designed.
Advanced courses are for graduates.
So the premise is that they will all
release their emotions and apply them in
their lives, and then give them some
direct guidance to freedom.

I 2020-09-23 15:00:29

Yes, if he doesn't clearly explain the difference between the two, it will be completely misunderstood. People will think that the advanced course is just an upgrade of the basic course, but in fact, the method has changed.

wind 2020-09-23 15:04:55

I also went to release some tension.
I reviewed it again, which
inspired me to take on the
challenge [laughs]. For
beginners, I'll leave the
advanced courses for now.
Once you're familiar with the
release process, you'll gain
a lot from watching it. Start
by learning how to release
through the process.

Nothing 2020-09-23 15:33:11

Focusing solely on feelings suggests that this behavior stems from emotional engagement.

(Wind, 2020-09-23 15:33:29)
Do you ever feel emotional?
Nothing 2020-09-23 15:35:04
have
It's
possible we won't see the
wind. (2020-09-23
15:35:19)
Not seeing emotions
doesn't mean there
are no emotions; it
just means the
emotions are vague
or unclear.
You can't identify
what it is, but you
feel "nothing".
There's a sense of "not feeling," or
"vagueness," that's present, and it's
always accompanied by a desire for
change.

I 2020-09-23 15:44:19

Anyway, when I tried to release that vague or indifferent feeling, it did evoke a little bit of sensation in me. [Facepalm]

wind 2020-09-23 15:45:01

其实，这个想要改变就是你自己紧紧把那些情绪压在下面被压抑的情绪本身是想离开的
让你放下这个最上面的“想要改变”下面的就会自然冒出来
你释放，它就会源源不断冒出来像波浪一样

wind 2020-09-23 16:22:08

Another point is, how do you understand the idea of "getting everything you want through liberation"?

The meaning of that sentence is different from what most people say .

(2020-09-23 16:25:54)

It probably means exactly what it says. [facepalm]

Lester shared that he always gets hot water from his baths by releasing it.

wind 2020-09-23 16:26:06

Yes, it means exactly what it says.

Because I forgot whether he said it in the third or fourth part, but he explained...

This guidance will keep you free because you've been living in a cycle of wanting, wanting this, wanting that.

What he meant was that you should obtain whatever you want, regardless of size, through release.

This is a very radical approach that doesn't require action.

You lack the awareness to take action.

It fell in front of you, onto your lap.

In other words, if you want to raise your arm, it will float up after you release it.

no energy is I have a
lot of experience .
These are all
individual
experiences.
One thing after another

Group members: 2020-09-23 16:39:34
Money, for
example, exists too. (
2020-09-23 16:39:39)
some
While in Australia, I
encountered financial problems
and couldn't pay my rent.

Then I locked myself in my room for a week to unwind.
As a result, someone paid for me,
and someone transferred money to my
account; everything was resolved
smoothly.
However, before leaving, I had already let go
of all thoughts about this matter and hadn't
even considered it.

Ju Ting 2020-09-23 16:42:24
@Wind? You really do release various feelings first, and then connect to desire, right? Wind 2020-09-23 16:42:42
I used the method from
Lesson 5 to become aware of
my feelings and desires.
Then let it go.

It doesn't need to be repaid.
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After the bank called to inquire, they confirmed that there was nomistake, but did not explain

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I'll stop worrying about it.
I release any negative feelings I have.
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Materialization and antimaterialization

In the video, he mentioned that this was because you went to Astral world

Starlight Realm

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Directly manifested substances

And he told one of the students , Michael , "You stopped. If you had continued, you would have entered..."

When you release your sense of self, no effort is needed; things fall into your experience. When you do enough, you'll learn how to create instantaneously, which means materializing and antimaterializing things. In this process, you'll learn to manifest matter, even gold. Of course, once you master the formula for making gold, you won't want to carry it around; it's too heavy. Your only thoughts will be what you want and what you need; you create them to use, not to hoard. Hoarding

embodies uncertainty.

This reflects the feeling of "I can't have it," and because it's unattainable, it's best to plan for the future. People who can achieve this level of materialism...

They never carry things on their backs; if they want something,
they materialize it. (The original quote is here.)
the way 1
Now create what you
need, because you're no
longer in a state of
ownership.
No need to store materials

So far, all my experience in acquiring money
has come from my own efforts; of course,
I've never had a strong need for money.
This has not been specifically addressed.
I deal mostly with
relationships; I
travel everywhere
without spending any
money.
I was warmly received by friends everywhere I went.
Therefore, I believe it is also possible for the world to function through love.
It doesn't necessarily have to be in the
capitalist form that most people are in. (Xia Shan,
2020-09-23 17:15:23)

I'd like to ask if the size of a target is
measured by its value? (2020-09-23 17:17:45)

According to your ideal size
What you perceive as
distant, those are big goals
that require more release.
What you consider to be
within reach, small goals
that you can achieve with a
little effort, are things you
think are easily attainable.

Xia Shan 2020-09-23 17:20:30

For example, if I feel a lack of love and want a million dollars, I might think that receiving love is a more distant goal. That's probably how it is.

Okay?

wind 2020-09-23 17:20:52

Yes
It depends on you
The size of the target is only what you perceive it to be.

wind 2020-09-23 17:26:58

However, a friend of mine once wanted to use the
"release method" to trade stocks, and I did
dissuade him, saying that the release method
doesn't require stock trading.

Let me share my experience.
My experience is that when you let go of the
feeling of scarcity, money doesn't actually
tempt me, and I don't feel like I lack money.
I don't feel like I need to
have a lot of money. Several
friends have tried to get me
to start a business, but I
haven't gone.
Because I enjoy my current freelance lifestyle.

I 2020-09-23 17:40:44
@Wind? Which city
are you in ? Wind 2020-09-23
17:42:14
My home is in Suzhou,
but I travel all over
the place.
I now have
friends all
over Wuhan.
They keep urging me
to go visit them; I
traveled for a
whole year last
year.
I only spent the train fare!
[Laughing]
So I don't actually have a
strong attachment to money and
don't feel that money is
indispensable.
This belief is weak.
I think things work
better when done with
love. Now I only take on
jobs that I enjoy.
Some odd
jobs in IT
and some
translation
work.
I studied
finance in
college, but I
don't want to
work in
finance.
This industry is
all about money,
money, money,
it's meaningless.

Huixuan 2020-09-23 17:47:29

@Wind? You're completely living in your true self mode. Wind 2020-09-23 17:47:40

No, it's not that exaggerated [facepalm]. Of course, there are still some other issues.

But I really don't want to be tied down to making money. My goal is to break free from money; freedom isn't about how much money you have.

Breaking free from the state of "savings"

This state equates the amount of "possession" with happiness.

Xia Shan 2020-09-23 18:00:52

@IamInfinite ? Learning to unleash power while breastfeeding a baby [clasped hands]

wind 2020-09-23 18:04:39

Getting married and having children can definitely be quite troublesome [laughing emoji]

Sister YUYU 2020-09-23 18:06:02

You two aren't married yet? You're so young! (Wind , 2020-09-23 18:06:27)

I graduated from university a year ago.

I started reading religious,
meditation, and philosophical books
obsessively in junior high school... I
tried all sorts of meditation methods
back then.
After learning the release method, I will focus on practicing the release method.

In my life's journey, I've never been defined as a "successful person" in the conventional sense. Because nowadays, it seems most people define a successful person as a businessman.

As a child, I
wanted to be a
knight-errant;
now I want to be
a wanderer.

Sister YUYU 2020-09-23 18:28:07

@Wind ? Is your profile picture yourself? It looks very chivalrous.

wind 2020-09-23 18:28:18

My
girlfriend
passed
away.
Congenital heart disease
So I've always kept it there.

I used to study more traditional or
orthodox things, but now I study
Buddhism specifically by reading the
Pali Canon.
Therefore, I generally look down on things
like spirituality and despise them. So, I
only glanced at books like "A Course in
Miracles."
Then he said, "What is all this nonsense?"
The Liberation Method is effective in practice, its teachings are

concise and powerful, and it's very different from other spiritual concepts that are a jumbled mess. So when I used it, I found it really useful.
The deeper I delved, the
more I realized this was
the most direct and best
approach—this is it!
He then began to specialize in the practice of release techniques.

On September 25, 2020, Feng explained some issues related to release techniques, the importance of keeping release methods simple and original, and some modified and added versions of original release methods available on the market.

The phenomenon

Wood 2020-09-24 00:17:53

If you are currently single
Would you choose to date and get married?

Or continue to
release the wind of enlightenment
2020-09-24 00:18:16
I don't know how to date or get married.

I was on 2020-09-24 21:55:54
I suddenly became aware of the fear of death, and immediately let down my guard, allowing the fear to draw closer and intensify. This fear of death manifested as an evil spirit, seemingly drawing ever closer. I desperately resisted the urge to defend myself, to distract myself, simply enduring it, until the threat of death manifested as a voice near my neck, saying, "Do you dare let me devour you?" Instantly, the fear of death reached its peak, and I could no longer hold on. My entire being was screaming, "No!" and my consciousness shut it off, blocking it out. Then, with lingering fear, I wondered why I hadn't had any support in the face of the fear of death, why I was completely overwhelmed, unable to hold on for even a second. I tried to release the desire to change this situation, but it did n't seem to make any breakthrough. Suddenly, I remembered Lester's words and it dawned on me. When the fear of death was about to emerge, I subconsciously treated it as real death, and that's why I desperately tried to prevent it from appearing, afraid to let it out. In other words, although I didn't do anything, I actually did something, because my subconscious was identifying the fear of death as equivalent to death. Realizing this , I felt like I regained my strength. Then I thought about it, should I call it out again? I immediately decided against it, maybe next time. I'm too exhausted this time, both physically and mentally, I can't take it anymore [facepalm]

Wind 2020-09-24 21:57:02
[Laughing][Strong] This is really unbearable.
Every time the fear of death
arises, I retreat and can only
try again and again.
Lester Levenson (The
Sedona Method)'s
repeated attempts
were too driven by
inertia.
A person who has had a strong tendency to resist since birth.

Lester: Yes, after releasing the desire for recognition and control, the workshop facilitator, Hale, will have you look at the underlying fear of death. The reason

you want recognition and control is so you can survive, so the facilitator will guide you to go further and deeper. Now, if they're blocked, you need to let them release that blocked feeling. Once they release it, they can face the "fear of death" again. If they're blocked , it's just trying to escape that fear of death, equating that feeling with death. You need to constantly remind them that it's just a feeling. The fear of death is just a feeling. The feeling won't bite you, shoot you, or hit your head. It's just another feeling, but the tendency to avoid it is very strong, very persistent, so now you need to try to make it surface, to let it go. Once you start making it surface and go, you'll find that each time the feeling comes out, you don't die; you're still alive, so you can watch it again and again.

it.

> Lester instructed the instructor to continuously remind the trainee that it was just a feeling, and once it was successfully released, it could continue.

Those extreme sports are probably
about people seeking that feeling of
being both afraid of death and wanting
to die.
This is really unnecessary.
The fear of death resides in your subconscious; there's no need to confront it through actual risk.

I was on 2020-09-24 22:39:19

It seems that people who successfully escape a car accident often have a feeling of having survived a near-death experience; this feeling is very...

Always in the present moment

It's as if everything is different.
However, it will return to normal after a few months.

Wind 2020-09-24 22:40:06

People who have
recovered from
serious illnesses
also experience a
period of time where
they feel incredibly
good, like they've
been reborn.

I am using another guideline
Today I'm trying to correct
the way I behave so that I can
do everything through release.
In practice, it turns out to be
quite difficult, mainly due to
the inertia of movement.
Subconsciously, one will act in the old ways.

Ruilan 2020-09-25 10:26:49

When releasing desires or emotions, should we stay in that state for a while longer before asking three questions? Two experienced teachers, please help answer this.

Wind 2020-09-25 10:27:26

identify it
认出它来
因为情绪是比较混杂的，这会阻碍你释放所以你用表格去
把它分类
看看它是什么情绪分类，是冷漠，悲苦，恐惧，贪求，愤怒，还是自尊自
傲……

Chen Yuling 2020-09-25 10:41:14

@Wind ? First, try to feel the emotions. If there are many, then look at the form, and only then should you follow the process . 2020-09-25

表格有很多种用法

- 如果你觉察不到情绪，可以看表格辅助这是课程里面提到的一种用法
- 或者你感觉有好几种，你不能确定那么就先释放表面那个
- 如果你感到你的感觉特别模糊不清

那么这个感受就是“模糊不清”，直接上溯到 apathy

To release your desires, examine what you want right now: control or validation? Once you become aware of your desires, release happens almost instantly.

Chen Yuling 2020-09-25 10:45:00

@Wind ? I can sense my "desire," but I can't release it [facepalm]

Wind 2020-09-25 10:45:16

You are not
yet familiar
with releasing
step by step.
Learn to release first
Then learn to release deeply.
The best approach is to relax
as much as possible by
following the instructions in
the process.
Go experience the process
Feel your feelings. Recognize your feelings. Repeat the three questions. Chen Yuling 2020-09-25 10:52:40

Actually, I didn't do well on the first two questions, and my answers to the last three questions lacked power; they were just mental responses.

Wind 2020-09-25 10:53:30

Ignore all
that and
just follow
the
procedures,

it’s like
riding a
bicycle.
No one masters balance on their first try.

Ju Ting 2020-09-25 11:16:22
@Wind ? Do you think it’s better to use the first person or the third person for these three questions ? 2020-09-25 11:17:05
Either is fine. In fact, depending on the English context, I would even omit the pronoun and ask if it can be let go.
Willing
or not
when
This is not the point.
Because of the English word ″ could″ you

It's just a common usage.
The best translation for
"faithful, expressive, and
elegant" could be "Can we
disregard the subject?"
For example, the instructor asked "just" later. could you
It's just a matter of whether or not.
The emphasis is not on " you ," but on " could ."

Yi Ming:
I personally feel that it's better to ask the question this way, for your reference:
1. What feelings am I experiencing
right now? (Awareness) 2. Am I
allowing these feelings to arise?
(Observation)
Third, can I ignore it, let go of my attachment to this feeling,
and let it take its natural course? (Detachment) Fourth, am I
willing to let go of my attachment to this feeling? (Willpower)
Fifth, I've decided when to let go of my attachment to this feeling and let it take its natural course. (Composure)

wind:
I still recommend not making any
changes to the process because
the release method itself has an
emphasis.
It means you don't need to try to understand the problem.

Observation, detachment, aspiration,
concentration—these are Buddhist terms used in
this discussion. Lester explains it very simply.
let it up , let it go
It's about making it surface (rise to the surface), and then making it leave.
up and go
As a form of catharsis, it's best to keep it simple.
In my experience, adding your own understanding and modifications to a method can actually weaken its power. I used to do this when I first learned the release technique.
Because I've read too many other theories
Later I realized that the best way to release understanding was to leave it untouched, without deletions or modifications, and without

adding one's own interpretations. If one absolutely needs
theoretical support for understanding, then use Lester's own words.
Remove all external elements that interfere with its purity of expression.
The process you just went through has
actually changed the meaning of the release
method; this understanding has been
incorporated into your own mind.
There are also words like willpower and willpower.
When Lester talked about the release law, he even mentioned will Power is no longer needed.

I respect personal experience.
I may have many great
personal experiences , but
I don't want to mix
methods.
So it might be good
to analyze your
intentions in the
group.
But you are indeed creating your own methods.

However, the release method does not require interpretation by modifying the question.

If everyone did this, the original methods would not be preserved.

My intention in translating these materials is to allow newcomers to directly access the Liberation Method, without any personal interpretation . Not only should I avoid personal interpretations, but I also want to avoid any influence from the later interpretations of individuals like Hale and Larry who established their own practices. Of course, I know that for many people's karma, modifying the method is inevitable. So I'm simply trying my best to clarify things.

The liberation method course founded by Lester is not enlightenment, not revelation, and does not need to be a complete map with other teachings. Mixed together

ZOEY 2020-09-25 13:15:40

@Feng I would like to ask Teacher Feng a question. Yesterday I experienced feelings of inferiority. I checked my emotions against an emotion chart and the closest one I saw was "I am not good enough". I am not sure if this is the correct answer.

Wind 2020-09-25 13:16:04

If you feel it's right, then it's fine. Try not to analyze the feeling, don't think.

ZOEY 2020-09-25 13:18:34

Previously, I was only releasing the emotions I felt, without tracing them back to their broader categories, so seeing this as belonging to... "Indifference," not easily noticed.

Wind 2020-09-25 13:18:43

Um

Trace helps you categorize and continue the

process.

ZOEY 2020-09-25 13:19:13

So this trace actually involves using one's brain, Feng. 2020-09-25 13:19:20

yes

The instructor used an analogy , comparing it to riding a bicycle. might need to use your brain to get started at first.

Wind 2020-09-25 13:19:57

However, most of the time you're still experiencing the feeling of riding a bike, and the release method is the same.

In terms of operation, you'll need to use it briefly. But for things outside of the process, try to feel more and put your mind aside.

The sole purpose of the mind is to operate the process, allowing you to gradually become familiar with and release it.

In fact, if you unleash the processes of wanting control and wanting approval, you use your mind very little.

Once you get used to it, it will feel natural.

Like the analogy used in the course: once you find your balance, you're just riding, but this initial familiarization process is very important.

Do not delete or modify the steps arbitrarily.

ZOEY 2020-09-25 13:23:32

So, is there a sequence between feeling the desire to release and the act of releasing, since I was doing both at the same time ? 2020-09-25 13:23:32

Don't do both.

The first is the cornerstone of the second.

If the first one is fine for you, then move on to the next one.

Once you're familiar with the advanced techniques, you can just use the advanced ones; there's no need to go back to the elementary method.

ZOEY 2020-09-25 13:24:21

That means the first stage is to release the feeling (feeling - trace back to classification - release) wind. 2020-09-25 13:24:29

Um

This is to let you experience what it feels like to release emotions. The second stage will begin to accelerate .

ZOEY 2020-09-25 13:24:47

Does "no problem" mean you're familiar with the process, or something else? (Wind) 2020-09-25 13:25:11

The phrase "no problem" means that you can clearly use this process to release [the burden of the problem] if the experience of this release is clear to you.

The process is also very smooth.

Just look at the "want" behind it and directly release that desire.

This will increase your release rate a thousandfold ; just focus on doing one thing.

If you can adopt an advanced approach, then you can

focus on these two "desires": the desire for control and the desire for recognition.

The first one is unnecessary.

ZOEY 2020-09-25 13:27:02

Okay, also, what about the third one, "wanting to be safe" ? 2020-09-25 13:27:13

You don't need to worry about this.

Because you can't see it now.

When you release enough of the desire for control and the desire for recognition

That desire to survive (the fear of death) will surface; you will see it, and you can release it. Therefore, the original release mantra course focuses on covering those two desires that "fear of death."

Go

When you can see it directly, confront it directly and release your fear of death.

By explaining it this way, I think I've clearly explained the stages and sequence of the liberation system. [Laughing] This is the gradual progression from the initial release method course, without adding too many strange methods.

The topic you need to focus on is very simple.

ZOEY 2020-09-25 13:31:24

@Wind Yes, that's exactly what we need—removing the extraneous details and red tape, leaving only the most essential, fundamental, and concise elements. It's about simplifying the complex; the more fundamental something is, the simpler it is.

Wind 2020-09-25 13:31:47

I did not simplify
It's inherently
simple. I only needed
to present the
original appearance;
I didn't use any
scissors myself.

ZOEY 2020-09-25 13:32:52

Well, haha, what I'm trying to say is that, compared to the methods in the Book of Abundance, your explanation of Lester Levenson (The Sedona Method)'s theory so far is, for me, a simplification.

It doesn't mean you're making changes to the original appearance.

Instead, much has been added to the original form and essence, making it easy for people to lose their sense of direction.

Wind 2020-09-25 13:33:39

I know, I'm just saying, this is Mr. Lester
Levenson (The Sedona Method)'s conciseness
, not mine.
We shouldn't take credit for his work. [Laughing]

ZOEY 2020-09-25 13:38:22

I share the same sentiments as others in the group. I've hoped more than once that a more powerful person could provide more guidance. The group admin is also lonely and eager for more, haha [grinning face]. It seems the power of our collective consciousness is immense. Thank you, Teacher Feng !

Wind 2020-09-25 13:39:20

My performance
was so-so, but
the theoretical
research was
alright.
There are probably many
people in the group who
have better experience than

me , so I won't just spout
off my personal
experiences.
I'm just sharing the original methods and teachings I found in the materials as much as possible.

Xia Shan 2020-09-25 13:49:58

I suspect that everyone's ability to create their own methods is related to the content written in books. There are probably methods that don't conflict with other methods and can be compatible with a certain type of concept.

Wind 2020-09-25 13:51:07

He probably meant that you can practice the release method in the morning and then practice the XX method in the afternoon , not that you should mix the two methods together at the same time.
This is how I see it.
But according to Lester, if you can consistently release the energy, what other methods do you need? He doesn't even recommend students use mixed methods for the ultimate question .

Xia Shan 2020-09-25 13:52:59

So when I was practicing Zero Limits, it was a mixed approach. I only started to understand it after reading the book [facepalm]. Luckily, I hadn't really mastered it before meeting you guys, so I can start practicing again using the most basic methods.

Wind 2020-09-25 13:53:44

Mixing really isn't as fast as using pure ingredients [laughing emoji]

ZOEY 2020-09-25 14:03:37

@Wind ? Did Lester Levenson (The Sedona Method) explain the intubation method?

The Book of Abundance describes imagining inserting tubes, allowing energy to rise and leave from the tubes; Lester himself did not...

Did you mention it?

Wind 2020-09-25 14:04:09

Lester didn't talk about intubation, he talked about suppressed. energy

Lester Levenson (The Sedona Method) himself did not leave behind any audio recordings of his basic lectures.

However, the 1992 Liberation Law course

was personally designed by Lester, and

the methods used were those created by

Lester himself.

After establishing the Liberation Law, Lester no longer taught people himself, but instead had Liberation Law instructors teach him. He would regularly give advanced courses to enrolled graduates.

Therefore, the question of "how to use the process to release" is addressed in the basic course. The original process is an up-and-go guide.

Identify

feelings

and

awarenes

s

Let it go

the natural ability to " release, "

allowing you to respond to any feeling.

You can identify all those feelings on the emotion chart and then simply let them go.

Feeling is a repressed energy (Suppressed energy is there precisely because you've suppressed it inside.

The tube method may be useful for some people.

However, I personally still

recommend the original process

because the tube involves an

imaginative process.

This is quite difficult for people with poor imaginations.

If it becomes a task that requires effort, it will be difficult to manage.

Chen Yuling 2020-09-25 16:30:45

I can imagine it, but I can't feel it leaving the wind. 2020-09-25 16:31:14

Basically, it's about constantly asking if it's possible, whether you want it, and when to let it leave . If it can't leave, you repeat the process and keep asking.

No need to add imagination

My feeling is that Larry's modified method also weakened the power of the release method because it added an element of imagination.

But the release method itself is simply to let you experience and feel things as they are.

I say this because the intubation didn't teach me how to release.

only learned how to "decompress" it later when I was working on the process, and then I remembered that feeling. Back then, no matter how I tried, it wouldn't work. [facepalm]
I constantly observe my feelings, then ask myself if I can let them go, and discover that I can let go at any time.
It means discovering that "letting go" is something that can happen immediately once the decision is made; it requires no imagination or analysis.
The more simply you ask yourself these questions, the more you'll discover this.

Chen Yuling 2020-09-25 16:38:56
matter of "transformation of knowledge"?
2020-09-25 16:39:13
Not a transformation of consciousness
I later learned about this principle from Lester's audio recordings.
Because of suppressed feelings (Feeling) You are pushing yourself away ; you are consciously suppressing it.
The moment you decide to let go, it's gone in a flash.
let it up, let it go
Ultimately, this is what release is all about. It's about actively observing it and letting it run its course, but the process itself is the biggest help.
Doing things out of habit might prevent you from letting go.
But if you just let it surface, if you just let the feeling leave, he doesn't know what to do. The original process, as I understand it, is to neither add nor delete.

Zhixian 2020-09-25 16:49:20
A rational person, when it comes to inserting a tube, will get bogged down in questions like, "Where should I insert it?" or "Is the tube thick or thin?" [facepalm] @陈昱妗 (沁榆?? Human Design)? I'm just like that.
A lot of foreplay is needed for each release.

Wind 2020-09-25 16:50:14
Regarding the method of intubation, the one I initially used was found to be too

complicated for me.
After I experienced release, I also tried using tubes, but by then I realized it was no longer necessary. Once I realized this, I naturally had the tendency to let go.

I was on 2020-09-25 16:53:41

The original process is sometimes easily misunderstood; some people will spontaneously allocate energy...

Breathing out

Wind 2020-09-25 16:53:57

It's just a misunderstanding, something that's in one's head.

Actually, the original course mentioned that when he said "be aware of sensations," he meant the area between the chest and abdomen.

feelings

进阶的方法
直接释放两大想要
包括想要改变当下的卡
但是这个必须在熟悉释放的基础上做否则只是脑子里面
瞎想而已
如果能觉察到想要改变，就会更容易释放

Here's what I think: release
requires a clear experience, even
if it's not clear at first.
You also need to gradually understand
what it feels like to leave. If you
don't understand this, you won't be able
to proceed with the rest.
The previous action paves the
way for the next; it must be
released.
up and go
You can't just up it and not let it go.
I've parted ways with many people because of this before.
They had studied Buddhism before and might subconsciously
confuse the "Four Foundations of Mindfulness," thinking that
"awareness" is enough to transcend awareness.
That's why I've become so fundamentalist.
It's really hard to deal with people who
like to tamper with the release techniques
these days [laughing emoji] because the
release techniques are indeed too simple.
I always want to make some changes.

Sometimes you have to emphasize energy.
The main problem is that some
people interpret "understanding"
as "releasing " something; I've
encountered this quite often
before.
Whenever this happens, I say that
it's actually energy, and you can
feel the energy leaving your body.

Energy blocked in the chest and abdomen should flow through the body.

慧轩 2020-09-25 17:19:30
「四念处」不是感受情绪，允许情绪浮现吗？风
2020-09-25 17:19:59
四念处是观察、辨析名、色、法这是非常不一样的
路径
这个要「刹那定」的定力，和释放法很不一样

Wind 2020-09-25 17:29:06
Actually, Larry later also used a question, but his revision was rather strange.
I later watched his videos on YouTube; his questions were incredibly long, like tongue twisters.

But I think it's a bit better than Haier's improvements.

control

Because he asked "could" you let the wanting of control go so you can have

This is how it works.

But Larry's students just kept asking, ″ Could you say yes to it?″ and more and more [facepalm]

L a r r y ' s r e f o r m s w e r e n ' t p a r t i c u l a

rly complex, while Haier's reforms were extremely complex. Can you appreciate the perfection of th

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Can you
notice that
the perfect
and the
imperfect are
a whole?
[Facepalm]
Yeah, my
friend burst
out laughing
when I showed
him that
video.
Saying you can't concentrate and release
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Larry speaks so fast, like he's reciting a tongue twister while he's constantly laughing, he can't

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Wuxin 2020-09-25 17:45:11

Hello teacher? I just went to the vegetable market in our neighborhood and saw the male owner of that small supermarket again. (I bought a game controller for my son before , but it didn't fit, so I didn't let him go to him to exchange it. Because I threw away the packaging, he refused to exchange it and his attitude was so bad that my son was crying and holding a kitchen knife, ready to fight him. I stopped him .) Seeing him, I felt like I wanted to kill him with a knife.

Feeling this emotion
Are you willing to let it go? No.

Feel the emotions again
Are you willing to let it go? No.

Feel again
When asked again if I was willing, the answer this time was yes.

It feels like the emotion left as soon as I answered "yes." In this situation, should I ask again, "When?" and then answer, " Now ?" for the process to be complete? But if I answer "now," by then the emotion of letting go has already left. What should I do?

Wind 2020-09-25 17:45:49

Let them go and then take another look.
See what emotions you
still have about it,
what emotions remain.
Then go through the process to release

Go ahead and ask.

It doesn't
really matter,
right?
[Laughing]

Speechless 2020-09-25 17:54:37

If you throw away the packaging, they can't resell it, so of course they won't replace it for you. That's perfectly reasonable .

2020-09-25 17:56:55

I don't care whether the other party is right or wrong; I only care about my own emotions and feelings and want to vent them. 2020-09-25 17:57:17

Emotions are your own; if you can't get rid of them, you'll only make yourself suffer.

Wood 2020-09-25 17:57:47

Release is not about reasoning or explanation.

Abandon reasoning and confront emotions directly

Every time I try to reason with someone, I end up suppressing my emotions.

Wind 2020-09-25 23:19:04

There are a lot of commercial promotions in China now. Do you know Jiawei and Xiangrong? (The text also mentions that the release law already has psychological counseling licenses.)

Two Taiwanese people are doing this.

The textbook they used, "Zero Resistance," was also written by a Taiwanese author.

Xu Yaoren

I followed up on Xu Yaoren's recent situation, and he no longer talks about the release law at all.

Let's not talk about the Law of Attraction anymore.

They're all talking about business stuff.

He even released a video explaining why he no longer talks about the Law of Attraction.

He said he had tried these methods, which worked in the short term, but later he found they couldn't solve the bigger problems, and he felt the world might not be so simple.

Of course, the release method wasn't mentioned either.

I don't know why he gave up the release method.

Many people in China learned about the Liberation Law through his book; it was probably the first officially published book on the Liberation Law.

The Golden Life with Zero Resistance

Zhang Defen and others have also recommended the release method , but she herself hasn't consistently practiced it.

Constantly immersing oneself in various new spiritual knowledge

On September 26, 2020, Feng introduced the timeline for Lester Levenson (The Sedona Method)'s creation of the Liberation Law, continuing the study of Liberation Law. Answers to some questions about the Freedom Method, a translated and pieced-together version of the Six Steps to Freedom and the Six Steps to Freedom from the 1992 curriculum.

Wuxin 2020-09-26 19:15:51

@Teacher Feng, when using an emotion chart, if I see a related emotion, do I release it as soon as I feel it ? Does not being able to recall the specific emotion affect the release?

Wind 2020-09-26 19:16:40

No impact

In fact, it's different from the materialistic world we're taught about; Lester's worldview is anti-materialistic.

came

The true self first creates the mind (ego), the mind artificially creates a sense of scarcity, and then develops the basic...

Desire, basic desires generate emotions, emotions generate thoughts, and thoughts project the world.

Therefore, specific events in this world actually follow emotions.

When you release your emotions, you release many thoughts about the event, and the event itself will no longer be projected onto you.

This principle may be difficult for most people to accept at first, but it will become clearer as things unfold.

I was on 2020-09-26 19:33:12

@Wind ? Lester's enlightenment occurred in 1952. He said it took him 18 years to return after his enlightenment . That is to say, before 1970 he was in a state of spiritual drift, perhaps speaking of "The Ultimate Path to Freedom," and only after returning did he begin to truly teach the path of liberation.

That makes sense. Why didn't Lester explain the release method before? He didn't come back, so it was hard to explain [facepalm] .

2020-09-26 19:33:53

yes

He also said that there were some
small gatherings at the beginning,
but those people didn't make any
progress.
Because as long as he's
there, they're high; as soon
as he leaves, they fall.
Attributing everything to
his power
It developed into a dependency relationship
So he stopped personally guiding people later on.

I remember now, Lester wrote down the six
steps in 1972 and has never changed them
since.
The release method has been formally established.
If he drifted for 18 years, then his
return in 1970 would have been exactly
the year he spoke of "the right path."
Two years later, I wrote down the six steps.

Wind 2020-09-26 21:43:52

I met two friends today.

Seeing their every word and action, I suddenly felt a strong urge to escape from the world. 2020-09-26 21:46:13

Is it that exciting? (Wind)

2020-09-26 21:47:27

One got married, and the other achieved career success, but neither of them was clearly happy and remained stuck in the same emotional cycle.

Wind 2020-09-26 22:01:24

I was confined at home for a maximum of seven days.
It did have some effect, but unfortunately I couldn't stick with it; it took almost half a month for me to release anything.
Not even once
I misspoke while staying in that comfortable state.
It's half a year
About five months

Wuxin 2020-09-27 08:31:37

@Am I Infinite? Does the release method use a process, and does releasing thoughts also use a process ?

2020-09-27 08:31:54

The method of release doesn't involve releasing thoughts because that's too slow.
Cut leaves
You could never finish cutting hair in a lifetime and it's easy to get stuck in a cycle.

Wind 2020-09-27 10:09:16

Actually, you could say that desire is a

tendency . I saw someone ask yesterday what
sexual desire and appetite are as basic
desires. This is actually an attempt to
analyze, not to perceive.
This kind of problem arises when trying to find out its components.
But in fact, when appetite occurs, you can be
aware of your tendencies, such as when you eat
something delicious and want to eat more.
The same applies when sexual desire occurs.
If you want to grasp a certain feeling, then you want to control it.
It might also contain a desire for recognition, and you can sense
that.
When you're starving to death, the fear of death emerges, and the

tendency is to want to survive . 2020-09-27 10:35:30

Here's a realization I gained this morning: I deeply realized that we live in a constant state of "wanting." Releasing a "wanting" motivation stops the associated emotions and thoughts, leading to a profound sense of peace. Continuously releasing "wanting" gradually weakens our awareness as "doers," making life more like a series of events that "happen."

Driven by desire at all times
Continuing to release will directly cause you to fall out of this "desired" chain.
Hmm... Let me organize my thoughts to express myself more clearly.
No matter what it is, even the simplest act of
washing up, there's always that urge to control it .
I only slept for four hours last night.
The rest of the time, I'm constantly
releasing a desire for control and a need
for validation; it feels so strange.
[laughing]
Being stimulated does indeed
give me a sense of release;
anything that can disturb me
is desire.
Any impulse to "want to do" is also
a manifestation of this tendency; it
is also a desire for control and a
desire for recognition.

ZOEY 2020-09-27 12:31:25

@Feng sensed my resistance towards a colleague, which stemmed from a desire to change (control) them. However, I could also sense my fear; it was fear that fueled my desire to control. Should I then release this desire to control? It doesn't seem to be the root of the problem.

Wind 2020-09-27 12:32:10

Is it the emotion of fear, or the fear of
death (and the desire to survive)? These are
different levels.
Fear is an emotion.
But fear of Dying is the most fundamental thing.
However, there's no need to dwell on this. Releasing
desires isn't about finding the most fundamental thing
to release, but rather finding the most superficial
thing, the one you're most aware of.
Because it has already surfaced, if you don't release it,

you're suppressing it. So, if you feel the urge to control it now, just release it.
After you release what you want to control at the top, whatever is below will reappear and be released for you.
This way you can be in a state of continuous release.

Starfish 2020-09-27 12:39:34

At first, I followed the steps strictly, but later I went with my gut feeling, and I would immediately come back to the right path . This is the experience accumulated through practice, a personal lesson that belongs only to me.

Wind 2020-09-27 12:40:18

This often happens.
I estimate that most people who have been releasing desires for several years will experience a situation where they become aware of it and then immediately leave.
However, I still recommend following the process, because the process of releasing desires is already quite simple.
The main problem is that the mind can easily deceive itself and get caught up in it.
Therefore, it is recommended to continue releasing [the virus].

Don't become awareness.
Otherwise it will get stuck there.
Yeah, just release the feeling
of being stuck there, whatever
it is.
Or it could be a vague feeling that
releases a desire to change it.

ZOEY 2020-09-27 12:43:11
I felt a strong, intense blockage in my throat. And I was holding on tightly, not letting go at all . 2020-09-27 12:43:47
Do you want to change it?
ZOEY 2020-09-27 12:44:13
There's a desire to change, but
it's less intense than at the beginning .
2020-09-27 12:44:31
Don't suppress this desire for change;
instead, become aware of it, release it,
allow it to surface, and allow it to
leave.
This requires gentleness
and patience because the
level of desire is indeed
very subtle.
ZOEY 2020-09-27 12:46:15
When you hold on tightly,
it feels like you're holding your breath.
2020-09-27 12:47:12
So you're still holding on tight.
ZOEY 2020-09-27 12:47:12
The stronger the resistance, the more desperately one tries to control, the more they cling to it, blocking and obstructing it—that's the point of getting it .
stuck
I was on 2020-09-27 12:53:13
[Facepalm] Anyway, all I want to say is that if you have some useful experiences with the release method, be careful not to easily change your release method because of those experiences.
I was on 2020-09-27 12:53:33
The more you release the
spell, the more you'll discover the
unchangeable wind. 2020-09-27 12:53:55

Yes

The method of liberation created by Lester is one that requires no changes until complete freedom is achieved.

[Laugh

ing]

1975

The exact time Lester discovered the "release method"

He said that one release is equivalent to the effect of several months of meditation.

Previously, when people were instructed to meditate,

they only experienced positive feelings but stopped

growing. From then on, the method of release was

taught.

So, when you're feeling comfortable and relaxed, instead of stopping to meditate, why not let go a little more ? 2020-09-27 23:20:05

Today, I used an advanced method of releasing emotional triggers to specifically clear my relationship with my parents. It's like, regardless of whether emotions, desires, or fears arise, as long as I release the desire to change the state in which these emotions, feelings, desires , or fears arise , I no longer resist, suppress, or defend against them. These emotions, feelings, desires, and fears will eliminate their attributes, transforming into a pure energy that surges from the depths of my heart, manifesting as a sense of tension in my chest and abdomen. It feels like energy is directly emerging from there and dissipating on its own, without me having to consciously release it . In other words, simply releasing the desire to change my various emotional, feeling, desire, and fear states allows these emotions, feelings, desires, and fears to transform into pure energy that surges forth and is released from my chest and abdomen. (Wind) 2020-09-27 2 3 : 2 0 : 4 9

Yes, that should be true.
Every suppressed feeling is pushing
you outward; you just need to release
the act of suppressing it.
It
disappea
red in a
flash.

I was on 2020-09-27 23:21:56

Yes, that's it. This is the first time I've realized this. Before, I was always the one pushing them along.
[Laughing]

Wind 2020-09-27 23:24:59

That's why I think the tube method was also Larry's additional addition.
Because the original process of the release method is to
view feelings as something that leaves when you let go,
the tube method transforms the process into one where you
actively push it away.
Rather than using the tube analogy, it's more
like using a balloon—you release the air
from the balloon.
Then it deflated in a flash.
That 1992 video should be the one that hasn't been edited.

I was on 2020-09-27 23:29:24

I have never tried to release emotions , desires, or fears directly when they arise. Instead, I first release the desire to change these emotions, desires, or fears. This releases the repression and resistance towards them, and

the emotions, desires, and fears will surface and leave on their own.

Wind 2020-09-27 23:29:30

The original intention was to
emphasize direct experience and
then guide you through
questions.

Saint Dona Release Method 1992 Teaching Video 1

Saint Dona Release Method 1992 Teaching Video 5

I only translated these two.

One is the basic process
for releasing emotions,
and the other is the
basic process for
releasing desires.

I was on 2020-09-27 23:33:16

These emotions, desires, and fears haven't left the subconscious; they're just trapped by our own resistance and suppression . Releasing the desire to change them is releasing this resistance and suppression, and these emotions, desires, and fears will naturally leave. Today, I truly experienced firsthand that

风 2020-09-27 23:33:22

我今天终于了解了莱斯特创造释放法的过程他
在 1975 年发明了这个释放流程
然后他的一个学生听说他有了自己的方法立
即跑过去学
在此之前，他尝试过很多教学方式，来试图让人们达到他的境界那些
就是记录在《终极自由之路》里的过程
而那些是失败的经验 因
为很少有人获得成长
尝试的主要是冥想，带着问题冥想，等一系列方法
直到 1975 年，他发现只要做一次“释放”，就可以抵得上几个月冥想的效果于是
就分享了这个方法给他的追随者
从此释放法被建立
所以我把这个资料的内容分享一下，不要再把冥想当“进阶”了冥想
是降低层次

I was on 2020-09-27 23:36:37

Previously, the leader of the first batch of translations of "The Path to Ultimate Freedom" claimed it to be the foundational theory of liberation, leading to widespread misunderstanding.

They all learned the liberation method according to "The Path to Ultimate Freedom".

Wisdom's Guidance 2020-09-27 23:45:32

Actually, I think the emotional energy level

chart is also wrong. (Wind) 2020-09-27 23:45:46

The ranking table is correct.

That Lester Levenson (The Sedona Method) often mentions

agflap, cap

Wanting to change,

wanting to understand,

etc., all these are forms

of wanting to control.

如果是一个你特别不喜欢、让你不舒服的感受，你就肯定有想要改变如果是一个模
糊的感受，你就肯定想要搞清楚它
莱斯特讲过面对模糊的感受（vague feeling）释放想要改变、想要搞清楚

wanting of figure out

This wasn't entirely absent from Larry and Hale's later books.

However, because the order was disrupted and the focus was confused, it became difficult to understand, mainly because too many unnecessary things were added.

If you don't know what it feels like to release a card, or what it feels like to want to change the card's feel, then releasing it will be difficult.

layer upon layer

Because the sensation from that
card is still lingering inside
if you don't release it.
To this day, I am still amazed by
its simplicity and power. I have
practiced many methods.
Sometimes I do have that feeling.
For example, the effect of several months of meditation might be similar to the effect of a single, fleeting release in a few seconds.

many

I don't know why Lester's method is simpler and more powerful than most traditional methods; I even struggled with it for a while at first. [Laughing]

I was on 2020-09-28 00:00:40
I'm truly grateful for the insights you shared , @风风 2020-09-28 00:00:56
[Rose][Rose] I've also benefited from communicating with you all.

Nothing 2020-09-28 00:03:32
My head keeps feeling stuck, and my face feels swollen. It's so damn hard to deal with! [Facepalm] 2020-09-28 00:04:00
Relax, notice that you want to change this situation, and let the desire for change leave.
Nothing 2020-09-28 00:04:35
@Wind ? I don't know why, but I don't feel anything in my chest or abdomen.
Wind 2020-09-28 00:05:30
It's enough to be able to sense emotions.
It's not about finding sensations in your chest and abdomen, but rather trying to feel them using your chest and abdomen.

After I started sharing, for some reason, I started to release more emotions. Every time I finish translating or sharing, I feel even more motivated to release [the energy/resources].
This truly embodies what Lester meant when he said, "Helping others is helping yourself ." 2020-09-28 00:11:27
[Strong] You are the first true Dharma transmitter ! 2020-09-28 00:12:15
I just moved some materials [facepalm] I plan to continue translating the [the] tomorrow. First , translate the remaining parts of "the way" .
I was on 2020-09-28 00:13:22
Alright, I'm waiting patiently. [Smiling face]

我 2020-09-28 13:17:23
@风?原文到底是想要控制还是想要改变风
2020-09-28 13:17:41
你说第几步
第五步是想要改变第三步是想要控
制
想要改变是想要控制的一种
并不是说在想要控制之外还有一个想要改变第二步突出的是
decision，决定

I was on 2020-09-28 13:21:05
@Wind , do you want safety or a sense of security?
I think it's about wanting security, not just wanting a sense of security.

Wind 2020-09-28 13:22:29

Well...
in fact
He spoke most about "wanting to survive" and "fear of death." I didn't change her third translation.
I only changed her second, fourth, and fifth lines because I didn't remember how the original text said the third one, so I had to review it.

Wind 2020-09-28 17:47:02

the way 3

This part was particularly fun, and I think I finally understand why Haier later invented its own...

My own method

Look, in the audio, the questions Hale asked Lester included quite a few clever tricks that Lester pointed out to him.

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The last question Haier asked Lester
He asked if we could go with the concept
He
followed
the
concept
of "I am
not this
body"
because
he felt
that
releasin
g this
concept
made him
feel
bad.
He initially felt the concept was somewhat real, but after releasing it, he realized "this concept is just a concept," so he wondered if he shouldn't have released it, but rather followed the concept.
The seeds of this development were sown almost as a result of Haier's later deviation from the release method. In fact, there's no need to discuss the release method so much. Whether it's Larry or Hale, the later chapters are just filler because the release process is too simple and can be finished quickly. Actually, everyone does this often. Therefore, a simple and clear process is necessary to follow the six steps.
Just like when I was translating, the external network went down. At that moment, I wanted to control

it and immediately launch it, but I forgot to release it.

Try to solve it by returning to the old behavi

or a lpatterns.

I noticed this, released it, and then connected.

I myself tend to complicate things every day, and my habit of solving

problems with my head is deeply ingrained; I will try to release that tendency as much as possible in the future.

Wind 2020-09-28 23:21:43

The release method is too simple, simple or rather, concise.

Part Four is also translated.

I listened to two hours of Lester Levenson (The Sedona Method)'s recordings.
I don't remember some of the
recordings, so I listened to them
again, but the one collected by the
group admin isn't complete.
Those audio clips
were only halfway
through or even
just the beginning.
Like The Way Part 1, which is
only a little over 7 minutes
long, but has over 20 minutes
on YouTube.
I translated what's on YouTube.
I listened to the audio in the file shared
by the group admin today, it was like...
ab o u t only in the first ten minutes or
so does it seem like Lester himself is
teaching the release technique .
Relatively important
I couldn't find this
audio on YouTube either;
the group owner's version
was incomplete.
I wonder if anyone can get that audio file.
of his 164 audio files were complete.
Forget it, collecting knowledge is no longer very meaningful to me. I already have the process and can use it to move towards freedom.
Go and let go.

Sui Le 2020-09-30 09:47:00
@Wind ? I don't understand this. It's a chart, a symbol... what does "wind" mean? 2020-09-30 09:48:06
It means writing a
note and sticking it
in the room to remind
yourself.
Lester meant to put the phrase "Get everything only through

liberation" in a prominent place in the room to remind himself to do so.

miqi 2020-09-30 11:03:38

There's something I don't understand: if you get everything you want by giving it away, does that mean you don't have to do anything or work ?

2020-09-30 11:04:07

Yes

This is something

Lester Levenson (The

Sedona Method)

frequently

emphasizes, as

highlighted in the

advanced course.

You need to work to survive; that's a slave mentality .

Slave consciousness) to achieve thinking and things

happen

you don't need work for living

Ju Ting 2020-09-30 11:16:40

@Wind ? I'm releasing some things now. First, I'm releasing my emotions, then my two major desires, then my desire to change , and then my fear of survival and death. Is this the whole process?

Wind 2020-09-30 11:17:50

No need to release your emotions first.
If you can release two desired emotions
using this method, then using it is the
beginning of learning the release
technique.
In other words, it teaches you how to
release, and once you're familiar with the
process, you can use it to release your
desires.
Release two people who want
When the fear of death arises, you
simply release that fear. It's that
simple.

Ju Ting 2020-09-30 11:21:46

@Wind ? I just feel like I have so many emotions [facepalm]

Wind 2020-09-30 11:22:03

You don't need to suppress them.
See what their desires are and then release them.
Or if you feel you're still not
familiar with releasing desires,
then release your emotions.
That's fine too.

Wisdom's Guidance 2020-09-30 11:37:38

To be honest, the translation of
"starry sky" is a bit of a misnomer. (Wind)

2020-09-30 11:37:51

There are indeed problems with the starry sky translation.
It incorporates too many common spiritual terms.
But actually, Mr. Lester Levenson
(The Sedona Method) didn't like
using those words; he preferred
everyday English.
Lester likes to use the simplest language to
express difficult concepts, so I try to use
everyday language in my translations as well.
Try to avoid using big words.
I can't find the

original six-step manual. Lester didn't explain the six steps in detail; they were only mentioned in scattered places.

Or mention six step

However, if you put them together, it should be about right.

第一步：你必须想要自由超过想要世界。（你必须想要自由超过想要认同和控制。认同和控制=世界）
第二步：做出自由的决定。
第三步：所有感受都来自想要控制和想要被认同，它们都是生存程序。释放它们。第四步：持续释放。
第五步:当你卡住时，释放那个对于卡住的感觉的想要改变。

Let me try to retranslate it using his original words.

第六步： 每次你释放，你都更愉悦、轻松、脱离限制，随着释放，你会越来越愉悦、轻松、脱离限制。

Okay, this is the six-step method for cultivating virtue, pieced together from Mr. Lester Levenson (The Sedona Method)'s scattered words. 2020-09-30 12:49:51

A day has 24 hours, three weeks have 21 days, that's 504 hours. Lester Livingson says that continuous release for three weeks leads to ultimate freedom, is that true? Has anyone tried it? What's the longest you can release someone?

Wind 2020-09-30 12:50:03

My longest release
time was one week
two years ago.
I've reached a very comfortable state, feeling like I have no agflap left, or maybe I do, but it's very...
subtle
Then, after six
months of not wanting
to release anything
and having no
motivation to do
so...

Ju Ting 2020-09-30 12:53:20

My head keeps screaming that I have to talk about something, I have to see someone to talk about something, otherwise how can I... [facepalm]

Wind 2020-09-30 12:53:30

That release!
I didn't really release anything this morning, but I did [facepalm] guided by wisdom.

2020-09-30 13:00:23

wind every day? 2020-09-30 13:00:33

yes

D 2020-09-30 13:21:32

Directly manifesting 500 billion, competing with Jack Ma, and becoming China's richest person.

Wind 2020-09-30 13:22:04

500 billion makes him the world's richest person.

Ju Ting 2020-09-30 13:28:16

@Guidance of Wisdom? Why don't you try expressing your desire to be the president of the country? [Grinning face] The prerequisite is wanting freedom beyond what you want in the world. [Grinning face]

Wind 2020-09-30 13:28:16

Wishing the youngest president ever to be elected ! (I don't want to be president)
It's not interesting.

Qian 2020-09-30 16:31:03

500 billion, he's the richest person in China, surpassing Jack Ma. The world's richest person is the eBay owner; I just checked, and it's more than ten times that amount.

I checked before; 50 billion would make someone the richest person in the province.

Wind 2020-09-30 16:35:56

Ha ha

Is it more than ten times that?

$ 120 billion

The current exchange rate is 6.8.

816 billion

More than 300 billion more than 500 billion

Wind 2020-09-30 18:35:43

These are the six steps from the 1992 workbook , and there's not much difference.

However, there are still some differences.

第一步:你必须想要波澜不惊超过你想要被认同和控制。第二步:决定你可以做这个方法来达到波澜不惊。
第三步:看到所有情绪都源自两个想要，想要被认同和想要控制。立即看到并且立即释放想要被认同和控制。
第四步:让它成为常态。在独处或者人前释放你所有的想要被认同和控制。第五步:如果你卡住了，放开你对这个卡住的欲望的想要控制。
第六步:每一次你用这个方法，你都会感到更轻松、更快乐。如果你持续用这个方法，你会持续感到更轻松、更快乐。

This is how it all translates.

The difference between Lester Levenson (The Sedona Method)'s wording and Lester Levenson (The Sedona Method)'s in the advanced course is that he replaced "freedom" with "calm and uneventful," perhaps to make it easier for students to understand.

However, the initial six steps only mentioned two major points;

第一步: 你必须想要自由超过想要世界。（你必须想要自由超过想要认同和控制。认同和控制=世界）
第二步: 做出自由的决定。
第三步: 所有感受都来自想要控制和想要被认同，它们都是生存程序。释放它们。第四步: 持续释放。
第五步:当你卡住时，释放那个对于卡住的感觉的想要改变。
第六步: 每次你释放，你都更愉悦、轻松、脱离限制，随着释放，你会越来越愉悦、轻松、脱离限制。

They're all pretty much the same anyway.

Just use
whichever way you
like .

September 30, 2020 : Discussions in the study group about the changes after the release of negative emotions; positive feelings should also be considered.
Release, the ultimate path to freedom is a failed teaching record. What to do if you unconsciously hold your breath during release?

Wisdom's Guidance 2020-09-30 10:50:58

Have you released your dislike for someone?

Having discussed so much theory, is there any practical application to it ? 2020-09-30 10:52:31

This happens frequently.

By continuously releasing, one can release the guidance of wisdom. 2020-09-30 10:52:51

After they were released, how did they get along and interact?

In reality, there are too many problems in family, work, and relationships. In fact, most of these problems stem from relationships.

Wind 2020-09-30 10:53:12

Hmm... I need to try to explain this. You mean interpersonal relationship issues, right?

Do you mean, have you dealt with interpersonal relationship problems through release?

My personal experience is that there are many feelings involved. What does it feel like to want to control this person, to be recognized and released by them?

To experience love, to love them as they are right now, if you're talking about specific ways of interacting...

It's different for everyone.

In reality, after liberation, you will often know how to act with wisdom. 2020-09-30 10:56:30

My release can only temporarily

eliminate that energy wind. 2020-09-30 10:56:51

Because you haven't brought out and released all your subconscious emotions. Keep releasing them. Continue to release, and your intuition will become clearer and clearer.

Leaping Flames 2020-09-30 10:57:42

Isn't six steps enough? Why make such a fuss?

Wind 2020-09-30 10:59:50

Regarding the knowledge aspect, we only need to know the six steps and the release process; the rest is just continuous practice and experience.

If there are disagreements on conceptual matters, set them aside for now and try putting them into practice. Wisdom will guide you. 2020-09-30 11:08:05

Does improved emotional intelligence mean you've become better at communicating? In reality, a single ill-chosen word can easily ignite conflict.

In fact, it all comes down to
the interaction of human relationships.
(Wind) 2020-09-30 11:08:23
Emotional intelligence (EQ) means emotional management, right?
The release method directly releases emotions, eliminating the need for further management.
What you're describing is at the action level.
The Liberation Method operates at a basic
level: feelings drive thoughts, and thoughts
drive actions.
Once you release your feelings, you
don't need to consciously adjust your
behavior. If you still need to adjust
your behavior, it only means you are
suppressing your feelings.
Wisdom's Guidance 2020-09-30 11:10:22
You mean that after being released, one's mind suddenly
becomes clear, and one understands how to deal with the wind?
2020-09-30 11:11:09
More or less
The insights gained from
continuous release are a guide to
astonishing wisdom. 2020-09-30 11:11:31
However, I'm sorry, I
don't have that kind of insight .
2020-09-30 11:11:32
So I try to say, let go, stop thinking
about those problems—that's the guidance of wisdom.
2020-09-30 11:11:59
It can't be
released. (Wind ,
2020-09-30) 11:12:18
Are you unable to operate the
process or unable to maintain consistency?
Wise guidance is needed. 2020-09-30
11:12:22
Unable to release continuously
Or is there a problem
with the operating procedure ?
2020-09-30 11:12:47
If you can't operate the process, keep using it
until you experience release, until you can

have a clear experience of release.
If you can't keep it up, remind yourself to keep doing it.
You will naturally see a dramatic
change in something only after you
have fully expressed your feelings
about it.

Wisdom's Guidance 2020-09-30 11:13:45
Human patience is limited.
Without any reward, where
is the motivation? (Wind) 2020-09-30
11:14:01
That means there might be a problem with your operating procedure.
Because every release is accompanied by
pleasure and relaxation, and every
release is rewarded.
Try following the process and
experience the release ; that
should be fine.

Wisdom's Guidance 2020-09-30 11:15:20
useful in other
aspects . 2020-09-30 11:15:33
Okay, that's the first question.

The initial release experience
Learn this first, then just keep using it.

Daluzheng 2020-09-30 11:16:27
@Wind ? Do you also need to release some of those wonderful feelings or experiences ? 2020-09-30 11:16:54
This also needs to be released.
It's very simple, because it will be better after release.
Mr. Lester Levenson (The Sedona Method) often uses the word ″ better″ or ″ go further″.
This is
how to
go
further
Don't stop, there's something even better to come.

Wisdom's Guidance 2020-09-30 11:19:29
Does the feeling transform into a feeling of love after release? Like in Lester's autobiography ... 2020-09-30 11:19:44
After releasing, you will indeed feel more love.
Because all feelings are non -love feelings , once released, the love inherent in your true self will manifest.
Wisdom's Guidance 2020-09-30 11:20:19
How to demonstrate style in dealing with people 2020-09-30 11:20:46
In dealing with people, it means you will be more understanding of them and able to see things from their perspective.
This will resolve many problems.

第一步：你必须想要自由超过想要世界。（你必须想要自由超过想要认同和控制。认同和控制=世界）
第二步：做出自由的决定。
第三步：所有感受都来自想要控制和想要被认同，它们都是生存程序。释放它们。第四步：持续释放。
第五步:当你卡住时，释放那个对于卡住的感觉的想要改变。

This is a six-step translation of Mr. Lester Levenson (The Sedona Method)'s original words, provided for your reference.

For the basic procedure, just use the 1992 release method course video. The basic procedure I explained is based on that. Try not to base your work on any later books Personally, I tend to be a bit fundamentalist because I find releasing my primal instincts to be the most efficient method. However, I don't object to others reading and learning.

I simply recommend the original course more.
1 is the basic release
5. After you are familiar with releasing emotions, move on to releasing desires.
Once you've mastered the methods in section 1 , you can try using section 5.
Once you're proficient with tool 5
, you can just use tool 5. Bingo
All that's left is to keep using it, keep using it, and you'll achieve freedom.

Daluzheng 2020-09-30 11:56:49
I understand some parts of the English part but not others. I think just reading the text part that follows is enough for understanding the basic process . @风
Wind 2020-09-30 11:57:23
It is also possible
The process is actually very simple.

D 2020-09-30 12:03:28
@Wind ? Did you translate
Lester's book? Did you
translate those recordings?
Wind 2020-09-30 12:03:47
no
Currently, I've only
translated episodes 1-4 of
"The Way" and excerpts from
two 1992 videos . I'll
translate more of Lester
Levenson (The Sedona Method
)'s audio later when I have
time.

However, there is an auxiliary
process in the basic workflow
: tracing .
When your feelings are mixed, you can use
a mood chart to see which category your
emotions fall into.
Then feel it.
This is an auxiliary use of the mood chart.

"The Road to Ultimate Freedom" includes early audio recordings.

In other words, before he invented the release method, he tried various methods to teach his students over eighteen years, but the students made little progress.

> Later, around 1975 , he discovered
> the release method and found that
> one release was equivalent to
> several months of meditation, so he
> taught it to his students.
> Therefore, "The Road to Ultimate Freedom"
> should only be used as a theoretical
> reference; one could say it represents a
> record of failed teaching methods.

However, on September 30, 2020 12:08:24

> @Wind ? What to do when emotions are impossible to categorize? I always have to use my brain to think about it when trying to categorize them.

Wind 2020-09-30 12:09:15

You can think
about it for a
bit , but don't
overthink it.
If you can experience it directly, then just
continue with the process. The table is just
a supplementary tool.
Because I know that many people don't know
what their emotions are; they can't even
experience them.
This is where tables come in handy.
Making good use of these tools can help everyone progress more quickly.

D 2020-09-30 12:12:37

My treasured book, *The Path to Ultimate Freedom*, has
turned out to be a failed teaching record! I cannot accept
it.

Wind 2020-09-30 12:12:58

What he said was consistent.
However, he didn't lower his standards to teach at
a level that people could accept, which resulted in
few people experiencing personal growth.
Therefore, most of the methods in the Path to Ultimate Freedom
are not directly operable by ordinary people. This is from the
early audio recordings.
Lester Levenson (The Sedona Method) later recounted this incident.
He said that the release technique is the most effective method, so the later audio tracks focused on how to better utilize the release technique.

This matter

D 2020-09-30 12:14:28

@Wind ? Which one was truly taught by Lester
Levenson (The Sedona Method) himself: the tube insertion or the
three-question quiz? Wind 2020-09-30 12:14:36

Three questions
This is Lester Levenson (The Sedona Method) in Sedona The teaching settings within the institute

D 2020-09-30 12:15:22

conservative in its
teaching style . 2020-09-30
12:15:33

Later, he also

let loose and
embraced the
triple welcome,
etc.
The videos I've been watching on his YouTube channel
lately have almost nothing to do with the release
method anymore; they're all about welcoming the
present moment's perfection or imperfection.

D 2020-09-30 12:16:06

He wasn't like Larry.
Larry told people that any wish can come true
simply by sitting at home and letting go. Haier
said that external circumstances may not
necessarily change, but mindset can.
The lecture
was too conservative .

(2020-09-30) 12:16:23

Oh, you mean this?
This is something Mr. Lester Levenson (The Sedona Method) also said.
The advanced course explains that you can obtain anything through release.

Make the most of it, use it
to its fullest potential—
that's Lester's teaching.

Leaping Flames 2020-09-30 12:22:17
@D? "The Road to Ultimate Freedom"
contains truth; how could it be a
flaw?
Wind 2020-09-30 12:22:33
Once you've reached a certain level of liberation, you'll
naturally understand the concepts in "The Path to Ultimate
Freedom," but those teachings cannot replace the method of
liberation.

JianWang 2020-09-30 12:22:49
Where did you get
this information? Wind 2020-09-30
12:23:05
What a student said
Someone interviewed Lester Levenson (The Sedona Method) students
One day, Lester was meditating when he
suddenly discovered this method, which he
initially called the Release Process.
release process
The reason why the initial audio recordings were considered unsuccessful teaching experiences was because he didn't lower himself to a level that everyone could understand when teaching.
He gave me some very advanced information and
then told me to go do it. This is why many
people don't make much progress.
This does not mean that "The Road to Ultimate Freedom" is incorrect.
D 2020-09-30 12:27:14
@Wind ? Why didn't he just copy the method he used during those three months of sitting on the bench exactly ? Why didn't he? And it even led to a failed teaching session.
Wind 2020-09-30 12:27:31
This was also mentioned in a post-production audio recording.
His initial intention was to teach others
what he had learned. It took him eighteen
years to return to this world.
This is the process of gradually lowering oneself.
But Lester says in the audio that if he had six steps,

he would have been faster: "You guys have methods, you can be faster than me."

"In the first month, I released my desire for acceptance; in the second month, I wanted control; and in the third month, I released my fear of death—one thing per month."

"But you have this release technique, it has six steps, so you can probably do it in a few weeks."

arrive"

That's roughly how it went.

D 2020-09-30 12:31:12

Asking "What am I?" every 24 hours would be faster; I've tried it.

As a result, I kept getting distracted.

an hour, even 50 minutes, daydreaming.

Wind 2020-09-30 12:31:28

I've tried it too.

For me, it wasn't as effective as the release method, so I used the release method.

We don't have that strong desire for freedom, so asking "What am I?" is pointless.

In the past, Lester Levenson (The Sedona Method)'s students often turned it into meditation, to enjoy that good feeling, without...

growing up

However, the effect of releasing once is equivalent to several months of meditation , so Lester's later works almost entirely revolve around releasing.

Teaching focuses solely on the one thing: release.

He said this is the most efficient and effective method for you.

JianWang 2020-09-30 12:36:12

Later, Lester Levenson (The Sedona Method) became more enthusiastic about "Who am I?" and went straight for the kill. (Wind) 2020-09-30 12:36:23

No, that was the early stage of "Who am I?"

D 2020-09-30 12:36:22

Sitting at home all day, how will I pay the rent? How will I afford food? (The wind...) 2020-09-30 12:36:45

Release it, and it will come.

That's what Lester Levenson (The Sedona Method) meant.

drop into your experience

What you want will fall into your experience.

D 2020-09-30 12:37:22

Release your greed and fear of rent, and then he'll come? Wind 2020-09-30 12:37:39

Release all your feelings about the rent and then it comes.

D 2020-09-30 12:37:47

That's too difficult.

It's better
to go make money .
2020-09-30 12:38:21
The point is not about having money.
The key point is that this gives you a preview, the key point is that you see how this happens, thus dissolving many limitations.

hai 2020-09-30 12:39:33
Teacher Feng, which desire is it that you want revenge ? 2020-09-30 12:39:47
What tendencies do you feel?
Do you want control or do you want recognition?

Perhaps both are true.

D 2020-09-30 12:40:40
@Wind ? Are all emotions categorized into only three basic emotions? Are there no other categories?

Wind 2020-09-30 12:40:56
Emotions are two things that want to develop. The development process is discussed in "The Way," you can check it out.

D 2020-09-30 12:41:33
You are the embodiment of Lester Levenson (The Sedona Method) . 2020-09-30 12:41:41
No, no
I'm just a student

hai 2020-09-30 12:41:00
@Wind ? Santo Donafari said she wanted safety, but I just can't seem to grasp that feeling . 2020-09-30 12:41:27
At first, you don't need to pay attention to safety.

Lester Levenson (The Sedona Method): What was last time? Okay , the first thing we suppress is the desire to live as a body, which arises as the "fear of death." How does it develop into other feelings? If I gain everyone's approval, I am safe, and I can live as a body. If I cannot gain their approval, I want them to approve of me, and then I can be safe and survive—that's control. But because you are so afraid of allowing these feelings of fear of death to surface, you need to deal with the desire for approval and the desire for control first . When you release those, the "fear of death" at their core will naturally and noticeably surface. It's here for you to release.

You'll understand if you read Lester Levenson (The

Sedona Method)'s
original words .
Therefore, the 1992 course only taught you to be aware of the two major desires.
Release enough, and the underlying desire to survive (the fear of death) will surface and be released. Before that, you've used your entire program of wanting control and being validated to defend yourself, thus releasing the fear of death.

Fear was deeply suppressed inside.

Therefore, it cannot be seen.
So don't be misled by the later account in the book about Santo Donaf; just follow the simple process.
Several other audio clips
also mentioned this
release, but let's stop
here for now.

DMX 2020-09-30 13:14:43

Sometimes when I do release exercises, I
unconsciously hold my breath. Why is that?

Two baskets of large steamed buns 2020-09-30 13:16:28

I'm the same way; I want to control my breathing to release the wind more smoothly. 2020-09-30 13:16:57

You might be
nervous and want
to control the
process.
It's okay, just try to relax after you notice it.

2020-09-30 (New) Views on the release law fee, and Hailar's views on the release

The rules have been changed to suit promotion and monetization.

wind 2020-09-30 22:45:20

Release, release...
I have many friends in
various places who invite me
to visit every day, so my
"travel" didn't cost me any
money.
I only
paid for
the
travel
expenses
and train
fare.

leaping flames 2020-09-30 23:52:10

Charging for spiritual education courses is unacceptable . (2020-09-30 23:52:18)

Why is there a charge?
Can't release be abundant?
How can you teach others when you can't even enrich yourself?

JianWang 2020-09-30 23:56:34

@Wind , what have you
been translating lately? Wind
2020-09-30 23:56:46
I didn't translate the new one.
The main problem is that I didn't have the time.
I'll share one
translation at a
time, so if I don't
share, it means I
haven't translated
anything.
I still don't understand why
they charge for teaching the
release technique; the
process is too simple.
It can be
explained in a
few words, and
then it's just
a matter of
using it
continuously.
Unless you drag something
out of Java, you won't
expect to pay for something
useful and cherish it.
I will try my best to
obtain all the benefits
of the release method.
Tomorrow is the
Mid-Autumn Festival
night. I am on the train
back to Suzhou.
I've read a lot about religion, philosophy, and
meditation myself, but I don't talk about them
anymore because these conceptual things are often
obstacles.

When I was studying Buddhism, I was very diligent. I learned Pali and read the Pali Canon . 2020-10-01 00:11:10

Why did I let go of Buddhism? (2020-10-01 00:11:36)

Because the release method is more efficient for me.

Lester said that releasing it just once is equivalent to meditating for months, and that's very true for me.

Because that's my experience.

I used to practice Vipassana meditation quite well, but it's definitely not as effective as the release method. So I stopped caring what it was and just used what was most effective for me.

When others discuss Buddhism, I generally don't interrupt.

Because I believe that such metaphysical discussions are often pointless, the discussion should now focus on "how to ".

How to do it, how to get there

Even when studying Buddhism, it's like a raft user needing to know how to cross a river.

Moreover, I've focused my research on this area for many years; I used to be more knowledge-based.

But the insights it gave me were not as profound as the release I made in such a short time. Just be honest with yourself and you'll discover...

Am I standing still or moving forward?

When you absorb conceptual or knowledge-based information, it's easy to develop the illusion that you know a lot.

But that's just the accumulation of knowledge.
The mind cannot comprehend things outside of itself.
It merely uses existing experience to
speculate about something you've never seen
before, to imagine and simulate.
The learning of the
release method, which
truly reveals the
significant difference,
is experiential.
I've met many people who practice "spiritual meditation" and traditional religions, their heads crammed with all sorts of opinions, making it really difficult for them to progress. Today, we're discussing the translation of the starry sky.
I am grateful to the
person who spread the
Dharma early on.
However, his translations
have one problem: they
incorporate too many
common spiritual terms.
But actually, Mr. Lester Levenson (The Sedona Method) didn't like using those words.
Lester prefers to express complex concepts
in the simplest language possible; he likes
to use everyday English.
Therefore, I try to keep my translations as everyday as possible.

Try to avoid using big words.
Lester Levenson (The Sedona
Method)'s style differs from
other masters; he rarely uses
words with strong classical
religious connotations.
But their translation involved adding
those words back in, so when I discuss
the theory of liberation, I adhere to a
principle: I absolutely will not use
anything outside of Lester's system to
discuss it. All the language is his own.
I will not discuss this using
Buddhist teachings, and even though
I have studied Buddhism, I will not
mix the teachings of the two
masters.
Because I believe their
individual paths are complete and
don't require us, as egos, to
piece them together with our
minds. This is based on my
previous reading of the Pali
Canon and its English
translation.
It took seven or eight months
I find it quite strange to combine various teachings.
Does that mean every master doesn't teach a complete map and you have to
piece it together with your brain?

If you're a beginner, you can learn by
following the original release method
course and practicing directly.
After you've learned that, look at the next one.

Minnie 2020-10-01 19:16:44
@Wind Does the Liberation
Law involve religious beliefs? Wind
2020-10-01 19:16:53
Not involved
Lester said, "Don't believe what I say."
the The Way also quotes Ramana as saying that

there is no God, only yourself. Most importantly,
the Liberation Method does not impose a belief
system on you.
You release, and then gain insight from within.
This isn't like traditional
religions where you first believe
in a set of things and then you
can have them.
But with release, you will see the truth for yourself.
At that time, you were not operating at the level of belief, but at the level of knowledge.
You know that's how it is; you don't need a belief
system in your mind to believe in anything. Lester
also frequently mentions Jesus Christ.
And that phrase "I" am that I am"
This is the best verse in the Bible
that expresses infinite existence.
Let me show you from Lester's
autobiography.
Regarding the Bible

Beginning with "Genesis", the Bible is the story of our descent as God into gods, and then into man. "Revelation" is just the reverse; it tells of the seven states that man goes through to return to his God-state.

The Bible begins with Genesis, which tells the story of how we were born from God, became gods, and then became human.

The Book of Revelation is the exact opposite; it describes the seven states that a person must go through to return to His divine state.

The Bible was originally very-good, very-high and inspiring, with specific methodology, as it should be. But because it was outlawed and driven underground during the Dark Ages, and also because so many people without full understanding re-translated it, most of the methodology has been left out.

The Bible is inherently good, sublime and inspiring, and contains concrete methods, as it should. However, due to its illegality during the Dark Ages and its forced underground transmission, as well as due to numerous translations by those who did not fully understand it, most of its methods have been lost.

Where is the methodology in The Bible? That's the most important thing: How to do it! Only in Eastern teaching has the methodology been preserved.

Where are the methods in the Bible? This is the most important thing: how to do it! These methods have only been preserved in Eastern teachings.

Our Bible is also Codified. The Book of "Revelation" is code based on inspirational revelation. Even ministers who have spent their lives studying it cannot understand "Revelation", the most important chapter of the Bible.

Our Bible is also encoded. The Book of Revelation is based on inspirational recurrence. The code on the Book of Revelation (revelation) . Even pastors who have spent their entire lives studying it cannot understand the most important chapter of the Bible, "Revelation."

I've always advised people to get the Red Letter Edition of The New Testament, and read only the red letters. The Red Letter Edition has everything said by Jesus printed in red the rest in black. There you have set out the very-best of the Bible, the direct words of Jesus.

I always recommend that people get the Red version. Letter Read only the parts of the New Testament in scarlet script (Edition 1), and only read the parts in scarlet script.

This version of the Bible has all of Jesus' words printed in red, and the rest in black. This gives you a very well-structured Bible, containing the direct words of Jesus.

> In other words, modern Christianity doesn't actually understand the Bible.

Only enlightened beings can reveal the secret meaning of the Bible.

D 2020-10-01 19:27:25

@Minnie Lester also said: If you completely surrender, you can even go for coffee with Jesus. (2020-10-01 19:27:54)

Yes, Lester said that you can sit and have coffee with Jesus if you're willing. I've also studied the Bible.

However, it was purely for the purpose of knowledge learning from the Scholastic philosophical system.

Augustine,

Aquinas,

Leibniz's

Theodicy

Yogananda also commented on a passage from the Bible that Lester frequently mentions about the Hindu enlightened one.

D 2020-10-01 19:29:34

Jesus might conjure up a phone to pay the bill; I bet he'll conjure up a Huawei phone, not...

It's an apple.

wind 2020-10-01 19:30:06

Huawei phones ran out of chips, so they conjured up a new one.

Lester often mentions two enlightened beings.

One is Yogananda, and the other is Ramana Mahasi, the ancient principal Buddha and Jesus.

leaping flames 2020-10-01 19:31:17

India has a large population of Hindus and Sikhs.

Buddhism declined in India but flourished in China. (2020-10-01 19:31:41)

There are practically no Buddhists left in India; very few.

I used to care about who had attained enlightenment or not,

but now I don't care
anymore.
According to Lester, there are several criteria for complete awakening, including absolute tranquility and becoming the master or master of mind and matter.
After learning the release method, I no longer want to operate at the level of mental belief.
Therefore, I will not use my mind to consider who is enlightened and who is not.
Lester said that your infinite existence is omniscient and omnipotent, and recognizing your infinite existence is awakening. Therefore, when you are released there, you will see for yourself who is enlightened and who is not.
There's no need to judge now.

Bruce 2020-10-01 20:30:46
@风?我朋友问 释放不掉 然后那种堵的感觉在胸口越来越重
风 2020-10-01 20:31:34
情绪是什么感觉?
identify 一下
可用表格辅助

注意愤怒的情绪
然后对它使用三问句
如果持续这样做，感觉自己越来越卡住，就运用六步骤的第五步
看看自己是不是想要改变这个卡住的感受
然后问自己能不能放这个想要改变离开
看看 1992 年的释放法课程，就知道表格的用法了
圣多纳释放法 1992 年教学视频 1
是新手的话，先看看这个

Xia Shan 2020-10-01 20:41:28

Releasing the fear of death is the hardest thing. Those who commit suicide aren't directly facing death; are they truly free?

Huh?

@Wind ? Did Grandpa Lai ever talk about this issue?

wind 2020-10-01 20:44:49

I've talked about it.
Lester said that the fear of death and
the desire to die are two sides of the
same coin ; people who commit suicide do
so because of their fear of death.
Yes, releasing the desire to die and the urge to
live both stem from the fear of death, as
discussed in Part 1 of The Way.

Xia Shan 2020-10-01 20:49:53

Do people who have these thoughts of wanting to die have a deeper fear of death or have faced the fear of death more often in the past?

wind 2020-10-01 20:50:05

No
However, that might also be the case.
attachments in other audio recordings. and aversion
He said that
"craving" and
"hatred" are the
same thing, just in
different
directions.
But your "anger" is more subtle than
your "craving" because your desire for
this and that is more obvious, making
your desire to live more pronounced.
A little bit of "hatred" for being alive
However, they are two sides of the same coin and exist simultaneously.

Now we also need to confront the fear of living, which is two sides of the same coin as the fear of death. Because a large number of us want to get rid of everything by dying. So the desire to live, the desire to die, the fear of death, and the fear of living—these four things can be considered together. Perhaps you can write them down; this will bring about a shocking change in each of you.

This is Lester Levenson (The Sedona Method)'s original quote from the way This topic was discussed in section 1.

Lester: Yes, that was the first step, and the first step in the method, wasn't it? You have to want freedom more than you want the world . Let me rephrase that slightly, but that's how it originally was. Because it didn't seem to make any real sense to people, we changed it to "You have to want freedom more than you want to be recognized and controlled," because being recognized and controlled is equivalent to...

In this world.

The desire for recognition and the desire for control = the world
Therefore, the first step of the six steps can be written as "You must want freedom more than you want the world" or "You must want freedom more than you want recognition and control."

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D 2020-10-01 20:57:38

However, I want to unleash
more than just the desire for freedom .
(2020-10-01 20:58:20)
The first step
can only be to
continuously
confirm what
cannot be done at
the beginning.
But after you release it, you'll feel more free.
This more liberating and
wonderful experience will make
you want more; that's the sixth
step's facilitating effect on
the first.
Also gains Use the
book to record your
findings.
This will make you increasingly aware of the value
of freedom, and thus increasingly desire freedom.
Lester talked about this in an audio recording
about going free .
The first step might seem a bit abstract at first, but every time you let go, you'll experience what "greater freedom" feels like.
Sleep
Gradually, it will become less abstract to you.

Dream come true 2020-10-01 21:03:53
How can I release this anxiety if I
send a message and the other person doesn't reply?
(Wind , 2020-10-01 21:04:20)
What are your
feelings about it right now? (Dream
Fulfilled 2020-10-01 21:05:01)
@Wind? The
feeling of being ignored Wind
2020-10-01 21:05:58
let go of
that

feeling .
The release
method is for
feelings
regardless of
the situation.
You all have a
feeling about it. (Dream
Fulfilled 2020-10-01 21:06:54)
Is this a question or a
method of intubation? (Wind ,
2020-10-01 21:07:12)
I used a question.

I'm currently translating up to part 4
This is an advanced course.
Lester Levenson (The Sedona Method)'s speech to the graduates of "Saint-Donat"
For beginners, it's recommended to first learn how to release through the 1992 release method course.

Saint Dona Release Method 1992 Teaching Video 1
Saint Dona Release Method 1992 Teaching Video 5
Follow this
order to study
the advanced
release method
course .
Learn the basic release using the first video.
After you've mastered that, start
learning the second video on releasing
desires. Once you've learned that, use
that method to release desires.
Then, if you want more freedom, you can watch the advanced courses.

A life of freedom 2020-10-01 21:08:27
@Wind? Will I be able
to ask you again in the future?
Wind 2020-10-01 21:09:47
Feel free to ask questions.

A life of freedom 2020-10-01
21:10:19
video 5 about releasing desires?
wind 2020-10-01 21:10:27
Um
A life of freedom 2020-10-01
21:10:58
Thanks

wind 2020-10-01 21:11:01
let I usually translate "go" as "let it
leave" or "can we let it go?"
Are you
willing?
When?

The feeling is suppressed. energy
It is suppressed energy
It also wants to push itself out.
You just need to let go of the pressure,
stop suppressing it, and it will be
released naturally without any effort.

Dream come true 2020-10-01 21:12:06
@Wind? No, it feels like it's been hurting all the time. I never felt it before.
2020-10-01 21:12:32
It's not about
releasing bodily
sensations ,
it's about
feeling.

Your emotions
For example, worry, fear,
anger, resistance to
suffering, and
indifference.
Self-esteem and pride
Release these emotions

That is how it is now. 2020-10-01 21:13:14
Is it enough to simply feel the emotion and ask these three questions? Is it necessary to refer to an emotion chart? (Wind, 2020-10-01 21:13:44)
If you can't identify your emotions, you
can use an emotion chart to help you. The
reason for using an emotion chart is that
many people treat their habitual emotions
as background emotions.
That is how it is now. 2020-10-01 21:13:55
Is it possible to simply feel the
emotions and then ask questions without
categorizing them? I feel that
categorizing them would fall into the
realm of the mind.
wind 2020-10-01 21:14:03
It is possible.
However, going upstream is more effective.
This chart is an objective observation of your subconscious mind. I mean, when you work on this chart, you'll find that almost every emotion you experience daily can be found within these categories. Every feeling we have, you'll find it in these categories. Another reason we categorize it is because it really helps. When we think about our subconscious, it often feels like a dumping ground. You don't even want to see it because you've piled so much stuff there… We pile it up like a dumping ground, a garbage room… We do the same to our subconscious mind. We hold onto so much from the past, and it consciously manifests as our feelings, driving the world. Of course, another reason we don't want to see our subconscious is because it's all mixed up, and one purpose of this chart is to help you separate them. When you have a mind, a subconscious mind, you'd better organize it like

this, just as your feelings are organized and function like this. Demystify them, making it easier for you to become aware of what you're feeling right now, and then you'll start to know what to do. Now, if you notice there are many categories here: indifference, sorrow, fear, greed, anger, pride, fearlessness, acceptance, peace, and under each category are many feelings. What we're going to do in this course is that when you become aware of whatever feeling you have in the present moment, it's not necessarily indifference, sorrow… If you're not aware of it in this way , what you need to do is trace back to these categories . The reason we do this is that every time you release a little bit of sorrow, you release all the feelings beneath it. So releasing sorrow is much more powerful than releasing these individual feelings. When you trace these feelings back to this…

When categorizing emotions, if you release that categorization, you'll find that you move up faster.

This is what the course says; you can refer to it.

However, it's right to try to rely on your feelings rather than your intellect for analysis.

feel , don't think

The release method is experiential.

take

I no longer use any methods or books revised by Mr. Lester Levenson (The Sedona Method)'s students after his death as reference materials. My personal recommendation is mainly Mr. Lester Levenson (The Sedona Method)'s Sedona from 1992 . The original curriculum within the institute uses this original process as a reference.

New things

Then, combining Lester's later advanced course audio, I will only select these two types of materi

als to discuss the release method issue.

I don't agree with the books written by Haier after he established his own business entity, Larry's books, or other accounts.

I don't oppose it, but I won't take any action either.

Because the original curriculum was very concise, created by Lester Levenson (The Sedona Method) himself, it was complete, clear, and needed no additional elements.

A life of freedom 2020-10-01 21:18:40

If you don't send the original lesson, we won't be able to find it. (Feng, 2020-10-01 21:19:38)

On the pipeline

Youtube

Not available in China

This was also recently posted overseas.

Because of the incompleteness of information regarding domestic release laws, I previously went through many detours, and I hope newcomers will avoid the same mistakes.

There are no original courses taught abroad, so these must have been uploaded by former students. We should thank the person who uploaded them.

Including the person who uploaded Lester's later audio.

Because in China, "The Ultimate Path to Freedom" is used as a practical guide, but they are unaware of some of the details within it. Lester has tried many teaching methods over the past eighteen years.

However, the students did not grow.

In 1975 , he discovered the release method , finding that

one release was equivalent to
several months of meditation.
From then on, students began their growth through this release process.
Lester believes he would have grown much faster if
he had the Release Process and the six-step method
back then, so the later audio revolves around the
Release Method.
However, "The Road to Ultimate Freedom" is a collection of earlier audio recordings.
In other words, the compilation of those eighteen years of teaching that did not have a significant impact on students.
When I first learned about liberation practices, the liberation practice community in China liked to look for solutions in "The Ultimate Path to Freedom".

Law

Actually, this should be a misleading statement.
However, I found that the Lester audio after the
later creation of the release method was almost
never translated, which also led to a lack of
understanding of this situation in China.
Because there are many people teaching
in the market, and they can't all teach
the same thing, they've all changed.
The teaching of release techniques abroad is also like this.

Larry, Haier
Other reasons
for niche
commercializa
tion
D 2020-10-01 21:31:56
I don't think Larry is...
Larry is a true Lester
Levenson (The Sedona Method) student .
(2020-10-01 21:32:16)
Larry's organization sends me ads in my email every day.
D 2020-10-01 21:32:22
Hahahaha,
that's a slap
in the face!
wind 2020-10-01 21:32:56
However, Lester Levenson (The Sedona Method) has not yet discovered the release process.
That is to say, he knows how to release,
but doesn't know how to teach others to
release, because Lester said that the
enlightened one is omniscient and
omnipotent.
So he knew he
didn't need
experience.
He just knows which
is more effective
and which is
better.
Which one is

more suitable

for you to

send me ads

every day?

wind 2020-10-01 21:37:45
Lester Levenson

(The Sedona
Method) is the
best for me,
I've always
said that
because it
works best for
me.
Because I can only speak
from my personal
experience, what might
suit others could be
different.
There are
no two
truths; the
truth is
the same.
However, different paths may suit different types of people.
I cannot cover everyone based on my own experience.

wind 2020-10-01 21:48:17

Larry also set up a measuring instrument, which was quite interesting.

The iCap release measurement device is an instrument used to measure brain waves. Worn during a release, the device displays the degree of resistance. As the resistance is released, the degree decreases, allowing monitoring of the release progress. Larry frequently promotes this device in his presentations.

The measurement chart, which advertises its benefits, has had these details omitted in the Chinese translation.

resistance
I personally think it's a bit far-fetched.

When I was abroad, I thought about getting one to play with; I figured it would just be a device for measuring brainwave frequencies.

D 2020-10-01 21:59:46

How much is it? Converted to RMB? (2020-10-01 22:00:02)

have no idea

But his courses are quite expensive, so I don't think this one will be cheap either.

Lucky Star 2020-10-01 22:03:07

Has Larry achieved enlightenment? (2020-10-01 22:03:41)

Neither he nor Haier mentioned that their enlightenment course costs over $ 800 , plus the Lester audio recordings which also cost over $ 800 (on CDs).

In-person classes are more expensive .....

This is the price of the Lester series audio files sold by Larry's release agency. Most of these audio files have now been uploaded to YouTube by kind people,

so there's no them anymore.
need to buy
Nothing 2020-10-01 22:10:23
Where is Haier's
organization? [Laughing] Wind
2020-10-01 22:12:17
.....
Haier Group
sells these
books and these
two videos for
free.
The other audio recordings
have been published as
books, but we already have
all of these materials;
the first one should be a
revised version.
I've read that book.
He said he co-authored with Lester Levenson (The Sedona Method)
Basically, it's just Lester's audio recordings
with his own interpretation added at the end (the
rest is unclear).
happiness is Even
foreigners often
complain about that
book, Free.
It's said that the current San Dona institution has become a
money-making machine. maker
He felt very sad.

wind 2020-10-01 22:20:57
I've listened to everything I could find on YouTube.
This content creator
uploaded a lot of really
good post-production audio.
Two large steamers 2020-10-01 22:21:49

Did you download the WeChat official account video or screen record it? I thought it was a different version; it didn't sound like it.

So clear

wind 2020-10-01 22:22:21

That was probably downloaded and added by the group admin; I translated it directly from YouTube. (2020-10-01 22:23:31)

There's also a film about Lester Levenson (The Sedona Method) made by one of his students, which is about a journey, but there's no complete version.

wind 2020-10-01 22:23:52

This wasn't the way things were.

This should be translated as "complete the entire journey".

go all the way

This is something

Lester Levenson (

The Sedona Method)

often said: "Go all

the way."

Nothing 2020-10-01 22:26:40

Lester Levenson (The Sedona Method) leave in 1994 ?

wind 2020-10-01 22:26:47

Um

Nothing 2020-10-01 22:27:15

It was modified in such a short time.

how much Buddhism has been modified over 3,000 years.

? ? ? 2020-10-01 22:27:45

I'd like to ask if there are any books written by Lester himself. [Poor thing] (2020-10-01 22:28:00)

Lester only wrote one

autobiography and another

book, *The Ultimate Truth*.

He didn't

write any

books later

on, only

audio

recordings.

However, the release method is

his unique and most highly

recommended method; I rarely see his earlier teachings now.

I read it so many times before that I could almost recite it from memory.

Kuang Bo 2020-10-02 08:27:08

I'm planning to buy Lester Levenson (The Sedona Method)'s foreign audio style . (2020-10-02 08:37:49)

Please check if there's any new content after you buy it.

The audio collected by the group owner is mostly incomplete, only about ten minutes long.

There are a lot of audio files uploaded to YouTube, but there should still be some that haven't been uploaded yet; it would be great if they could be released.

The matter of collecting information is left to chance.

Edited by Omi on June 22, 2022